DELIGHTS
FOR LADIES,
TO
ADORNE THEIR
Perſons, Tables, Cloſets,
and Diſtillatories,

WITH

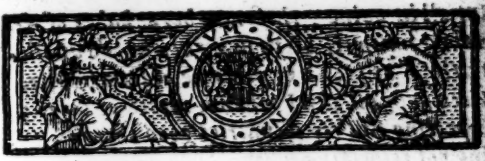
Beauties, Banquets, Perfumes,
and Waters.

Reade, practice, and cenſure.

LONDON,
Printed by *Robert Young.* 1636.

DILIGHTS
FOR
LADIES,
TO
ADORNE THEIR
Persons, Houses, Cloaths
and Table.
WITH
Grounds, Banquets, Preservings
and Candying.

LONDON
Printed by Robert Young, 1653.



To all true lovers of Art and Knowledge.

Sometimes I write the forms of burning bals,
Supplying wants that were by wood fals wrought:
Sometimes of tubs defended so by Art,
As fire in vain hath their destruction sought.
Sometimes I write of lasting Beverage,
Great Neptune *and his pilgrims to content;*
Sometimes of food, sweet, fresh, and durable,
To maintain life, when all things else were spent.
Sometimes I write of sundry sorts of soyle,
Which neither Ceres *nor her handmaids knew,*
I write to all: but scarcely one beleeves (true
Save Dive *and* Denshire, *who have found them*
When heavens did mourn in cloudy mantles clad,
And threatned famine to the sons of men:
When sobbing earth deny'd her kindly fruit
To painfull plowmen and his hindes; even then
I writ relieving remedies of death,
That art might help where nature made a faile.

But all in vaine; these new borne babes of Art,
In their untimely birth straightway do quaile.
Of those or such like other new-found skils,
With painfull pen I whilom wrote at large;
Expecting still my Countries good therein,
And not respecting labour, time, or charge.
But now my pen and paper are perfumed,
I scorne to write with coppresse or with gall:
Barbaria's Canes are now become my quils:
Rose-water is the inke I write withall.
Of sweets, the sweetest I will now commend,
To sweetest creatures that the earth doth beare:
These are the Saints to whom I sacrifice,
Preserves and conserves of the plum and peare.
Empaling now adieu: tush, Marchpane wals
Are strong enough, and best befit our age.
Let piercing bullets turne to sugar bals,
The Spanish feare is husht, and all their rage.
Of Marmelade, and paste of Genua,
Of Musked-sugar I intend to write,
Of Leach, of Sucket, and Quidinia,
Affording to each Lady her delight.
I teach both fruits and flowers to preserve,
And candie them; so nutmegs, cloves, & mace:
To make both Marchpane paste & sugar'd plate,
And cast the same in formes of sweetest grace.
Both bird and fowle so moulded from the life;
And after cast in sweet compounds of Art,

As

As if the flesh and forme which nature gave,
Did still remaine in every limbe and part.
When crystall frost hath nipt the tender grape,
And cleane consum'd the fruits of every vine,
Yet here behold the clusters fresh and faire,
Fed from the branch, or hanging on the line.
The walnut, smallnut, and the Chesnut sweet,
Whose sugred kernels lose their pleasant taste,
Are here from yeere to yeere preserved meet,
And made by Art with strongest fruits to last.
The Artichoke, and th' Apple of such strength,
The Quince, Pomgranate, with the Barbary:
No sugar us'd, yet colour, taste, and smell,
Are here maintain'd and kept most naturally.
For Ladies closets, and their distillatories,
Both waters, oyntments, & sweet smelling bals,
In easie termes, without affected speech,
I here present most ready at their calls.
And lest with carefull pen I should omit,
The wrongs that nature on their persons wrought,
Or parching Sun with his looser raies,
For these likewise relieving meanes I sought.
No idle thoughts or vain surmised skill,
By fancie fram'd within a theorick braine,
My Muse presents unto your sacred eares;
To win your favours falsly I disdaine.
From painfull practice, from experience,
I sound, though costly, mysteries derive.

With fiery flames in scorching Vulcan's *forge,*
To teach and fine each Secret, I do strive.
Accept them well, and let my wearied Muse
Repose her selfe in Ladies laps awhile.
So, when she wakes, she haply may record
Her sweetest dreams in some more pleasing stile.

H. PLAT.

GOod Reader, for the understanding of this Table, know, that a, b, c, d, doe give directions unto the foure severall parts or treaties of this Booke: (a) for the first the rest in their order.

A

ANula Campana rootes preserved a.11
Almonds in leach a.27
Almond butter to make a.57
Almonds into gelly a.58
Aligar distilled b.16
Apples kept dry all the yeare a.47
Aqua rubea b.7
Aqua composita of D. *Stevens* b.8
Artichokes kept long a.69

B

BAgs sweete to lye among linnen d.35
Ball to take out staines d.3
Ball to wash with d.8
Balme water b.5
Beaumanger c.11
Beefe rosted kept long c.18

Beefe powdered, kept long without charge c.19
Beefe freſh at the ſea c.20
Beauty for the face d.7,14
Bisket bread,or French bisket a.19
Bisket called Prince Bisket a.20
Bisket called Biskетello a.21
Bloud of herbes b.22
Borage candied a.11
Bottling of Beere truly c.7
Bottles muſtie helped c.28
Bottle Ale moſt excellent c.32
Brawn to eat,tender and delicate c.13
Broom capers preſerved a.37
Broyling without ſmoake c.26
Bruiſe helped d.24
Butter taſting of ſpice or flowers a.21

C

CAkes ſweet without ſpices or ſugar a.6
Candying of flowers a.9,53
Candying in rock candie a.33,42
Candying of Orenge pils a.35
Candles for Ladies Tables c.39

Candles hanging in the ayre c.40
Capers of broome preſerved a.37
Capon boyled in white broth c.5
Caſting in ſugar plate a.13
Caſting of ſugar in party moulds a.43
Caſting and moulding of fruit a.44
Cherries preſerved a.8
Cherry pulp kept dry all the yeare a.45
Cherries dryed in the Sun a.46
Cheeſe extraordinary c.22
Cheſnuts kept long a.73
Chilblanes helped a.15
Chine of veale or chicken boiled c.10
Cinamon-water b.10
Collis white, and like gelly a.55
Comfits of all ſorts a.53
Conſerves of prunes or damſons a.50,51
Conſerve of Strawberries a.51
Cowcumbers preſerved a.36
Cowſlip-paſte a.40
Cowſlip-water, or Vinegar of the colour of the Cowſlip a.34
Cray-fiſh kept long c.32
Creame cloured c.25

D

Damaske powder d.19
Damsons in Marmelade a.31
Damson pulp kept all the yeare a.45
Damsons in conserve a.50.52
Dentifrices for the teeth d.26
Distillation of herbes in a new manner b.11
Drying of fruits in the Sun a.46

E

Eglantine water b.20
Eringo roots preserved a.1
Extract of vegetables b.19

F

Face spotted or freckled, to helpe d.6,23
Face made faire d.7.14
Face full of heat, helped d.11,16,17 18,19,20,21
Face kept white and cleere d.12
Fish into paste c.14
Fish fried kept long c.17
Flesh kept sweet in Summer c.24
Flies kept from oyle peeces c.30

Flounder boiled on the French-fashion c.3
Flowers preserved a.7
Flowers candied a.9.11.
Flowers in rocke candie a.42
Flowers dryed without wrinkling a.63
Fruit preserved a.8
Fruit how to mould and cast a.44
Fruit kept dry all the yeare a.45,46,47
Fruit kept long fresh a.70

G

GEllie chrystalline a.26
Gelly of fruits a.29
Gelly of Almonds a.58
Gilliflowers kept long a.61
Gilliflowers preserved a.7
Gilliflower water b.20
Ginger-bread a.12
Ginger-bread dry a.23
Ginger in rock candie a.33.48
Ginger green in sirup a.49
Ginger candied a.53

Gloves to perfume d.34
Gooſe-berries preſerved a.8
Grapes growing all the yeare a.62
Grapes kept till Eaſter a.64

H

HAnd-water excellent d.2,28
Hand ſtained, to helpe d.5
Hands freckled, to helpe d.6
Hand water of Scotland b.21
Haſell nuts kept long a.72
Haire black altered d.30,37
Haire made yellow d.36
Herbes diſtilled in a new maner b.11
Herbes to yeeld ſalt b.12
Herbes to yeeld blood b.22
Honey to yeeld ſpirit b.13

I

IRiſh Aqua vitæ b.9
Iſſop diſtilled in a new manner b.11
Juice of Orenges or Lemmons kept all the yeare c.35
Jumboles to make a.10

L

LArkes to boyle c.4

Lavander distilled in a new manner b.11
Leach of almonds a.27
Leach a.59
Legge of Mutton boiled after the French fashion c.7
Lemmons in Marmelade a.41
Lemmon moulded and cast a.44
Lemmon juice kept all the yeare c.32
Lettuce in sucket a.22
Liquorice paste a.40
Lobsters kept long c.1

M

MAce in rock candie a.42
Mallard to boyle c.6
Marchpane paste a.12,18
Marigolds preserved a.7
Marigolds candied a.9,11
Marigold paste a.40
Marmelade of quinces or damsons a.30
Marmelade of Lemmons or Orenges a.41
May-dew clarified a.33
Morphew helped d.21,22
Mulberries

Mulberries in gelly a.29
Muske ſugar a.2
Muſtard meale c.25
Muſtineſſe helped or prevented in waters b.24

N

Nutmegs in rock candie a.33.43
Nutmegs candied a.34
Nuts moulded and caſt off a.44
Nuts kept long a.72

O

Orenges preſerved a.34
Orenge pils candied a.35
Orenges in Marmelade a.41
Orenge moulded and caſt off a.44
Orenge juice kept all the yeare c.35
Oyſters kept long c.15

P

Paſte of flowers a.14.40
Paſte of Novie a.15
Paſte to keepe one moiſt a.17
Paſte called puffe paſte a.24
Paſte ſhort without butter a.28
Paſte of Genua of Quinces a.30

Paſte

Paſte of fiſh c.14
Peare moulded and caſt off a.44
Peares kept drie a.47
Perfumes delicate and ſuddenly made d.31
Perfuming of gloves d.34
Pickrel boiled on the French faſhion c.3
Pigeons of ſugar paſte a.10
Pigeons boyled with Rice c.9
Pigge to ſowſe c.1,2
Pigs petitoes boiled after the French faſhion c.8
Plums preſerved a.8
Plums dryed in the Sun a.46
Pomander to make d.4
Pomander renewed d.32
Pomatum moſt excellent for the face d.13
Pomgranats kept long a.68
Preſerving of roots a.1
Preſerving of Cowcumbers a.36
Prunes in conſerve a.50,52
Pulp of fruit kept all the yeare a.45

Q

Quidinia of Quinces a.28
Quinces into paſte of genua a.30
Quinces in Marmelade a.32
Quinces kept drie all the yeare a.47
Quinces kept long a.67

R

Rabbets of Sugar paſte a.10
Raſpices in gelly a.29
Roots preſerved a.1
Roots candied a.53
Roſa ſolis to make b.6
Roſemary-flowers candied a.9
Roſe-leaves to drie a.36
Roſe ſirup a.5
Roſes preſerved a.7
Roſes and Roſe-leaves candied a 9,11
Roſe paſte a.40
Roſes kept long a.61
Roſe-leaves dried without wrinkles a.63
Roſewater diſtill'd at Michaelmas b.14
Roſewater diſtilled in a ſpeedy manner b.15

Roſe-

Rose-water most excellent b.18
Rose-water, and yet the Rose-leaves not discovered b.23
Rose-water and oyle drawne together b.25
Rose-water of the colour of the Rose c.34
Rose-vinegar of the colour of the Rose c.*ib.*
Rose-vinegar made in a new manner c.41

S

Sallet oyle purified and graced in taste and smell c.36
Salmon kept long fresh c.16
Salt of herbes b.12
Salt delicate for the table c.38
Sawsages of Polonia c.14
Sirup of Violets a.4
Sirup of Roses a.5
Sparrowes to boyle c.4
Spirit of wine extraordinary b.1
Spirit of wine ordinary b.2
Spirits of Spices b.3

Spirit of wine tasting of any vegetable b.4
Spirit of honey b.13
Spirit of herbes and flowers b.17
Skin white and cleere d.1
Sun-burning helped d.21
Stove to sweat in d.27
Strawberries in gelly a.25
Strawberries in conserve a.51
Sucket in Lettice stalkes a.52
Sucket of green walnuts a.49
Sugar muske a.1
Sugar paste for fowle a.10
Sugar paste to cast in a.13
Sugar plate of flowers a.14
Sugar plate to colour a.38
Sugar cast in party moulds a.2
Sugar smelling and tasting of the clove or cinomon a.71

T

TEale to boyle c.6
Teeth kept white and sound d.10
15,11
Thyme distilled in a new manner b.11
Trosses

Trosses for the Sea a.39

V

Vinegar distilled b.16
Vinegar to clarifie c.37
Violet sirup a.4
Violet paste a.40,41
Violet water, or vinegar of the colour of the Violet c.34
Usquebath b.9

W

Wafers to make a.56
Walnuts in sucket a.49
Walnuts kept fresh long a.65,66
Wardens kept dry all the yeare a.47
Washing water sweet b.21.d.2, 28, 29
Whites of egges, broken speedily. c.29
Widgen to boile c.6
Wine tasting of Wormwood, made speedily c.33

Y

Ytch helped d.25

FINIS.

The Art of Preſerving, Conſerving, Candying, &c.

1. *How to preſerve Eringo roots, Ænula Campana, and ſo of others in the ſame manner.*

SEethe them till they bee tender; then take away the piths of them, and leave them in a colander, till they have dropped as much as they will: then having a thinne ſirup ready, put them, being cold, into the ſirup being alſo cold, and let them ſtand ſo three dayes, then boile the ſirup (adding ſome more freſh ſirup to it, to ſupply that which the roots have drunke up) a little higher, and at three dayes end, boyle the ſirup againe without any new addition, unto the full height of a preſerving ſirup, and put in your rootes, and ſo keepe them. Roots

preſerved

preſerved in this manner, will eate very tender, becauſe they never boiled in the ſirup.

2. *How to make Muske Sugar of common Sugar.*

BRuiſe 4. or 6. graines of Muske; place them in a piece of Sarcenet, fine Lawne or Cambricke doubled: lay this in the bottome of a gally pot, ſtrewing your Sugar thereon: ſtop your pot cloſe, and all the Sugar in a few dayes will both ſent and taſte of Muske; and you may lay more Sugar thereon, when you have ſpent that Sugar, which will alſo receive the like impreſſion. Such Muske-ſugar is ſold for two ſhillings the pound.

3. *How to dry Roſe-leaves in a moſt excellent manner.*

WHen you have newly taken out your bread, then put in

in your Roſes in a ſieve, firſt clipping away the whites, that they may be all of one colour: lay them about one inch in thickneſſe in the ſieve; and when they have ſtood halfe an houre or thereabout, they will grow whitiſh on the top: let them yet remaine without ſtirring, till the uppermoſt of them be fully dryed; then ſtirre them together, and leave them about one other halfe houre; and if you find them dry in the top, ſtirre them together againe, and ſo continue this worke, untill they be thorowly dryed: then put them hot as they are, into an earthen pot, having a narrow mouth, and being well leaded within (the Refiners of gold and ſilver call theſe pots Hookers) ſtop it with corke and wet parchment, or with waxe & roſin mixed together; and hang your pot in a chimney, or neere a continuall fire, and ſo they will keepe exceeding faire in colour, and moſt delicate in ſent. And if

you

you feare their relénting, take the Roſe-leaves about Candlemas, and put them once againe into a ſieve, ſtirring them up and downe often till they be drie; and then put them up againe hot into your pot.

Note, that you muſt ſet up your Oven-lid, but not lute it about when you ſet in your roſe-leaves, either the firſt or ſecond time. *Poſt, numero 6.*

4. *A moſt excellent ſirup of Violets, both in taſte and tincture.*

EXpreſſe the juice of clipt Violets, and to three parts of juice take one fourth part of conduit water: put the ſame into an Alabaſter mortar, with the leaves which you have ſtamped, and wring the ſame out thorow a cloth, as you did at the firſt, into the other juice: put thereto a ſufficient proportion of the fineſt Sugar

ger, and brought alſo into a moſt fine powder: let the ſame ſtand ten or twelve houres in a cleane glaſed earthen pan: then draine away the cleereſt, and put it into a glaſſe, and put thereto a few drops of the juice of Lemmons, and it will become cleere, tranſparent, and of the violet colour. Then you may expreſſe more juice into the ſugar, which will ſettle in the bottome, with ſome of the thickeſt part of the juice: and beating the ſame upon a gentle fire, it will alſo become a good ſirup of violets, but not comparable to the firſt. By this manner of worke you gaine one quarter of ſirup more than divers Apothecaries doe.

5. *A ſingular manner of making the ſirup of Roſes.*

FIll a ſilver baſon three quarters full of rain-water or roſe-water; put therein a convenient proportion

of Roſe-leaves: cover the baſon, and ſet it upon a pot of hot wa er (as we uſually bake a cuſtard:) in 3. quarters of an houre, or one whole houre at the moſt, you ſhall purchaſe the whole ſtrength and tincture of the roſe: then take out thoſe leaves, wringing out all their liquor gently, and ſteepe more freſh leaves in the ſame water: continue this iteration ſeven times, and then make it up in a ſirup: and this ſirup worketh more kindely than that which is made meerly of the juice of the Roſe. You may make ſundry other ſirups in this manner. *Quære* of hanging a pewter head over the baſon, if the aſcending water will bee worth the keeping.

6. *Another way for the drying of Roſe-leaves.*

DRy them in the heat of a hot ſunny day upon a Leads, turning them

them up and downe till they be dry (as they doe hay); then put them up into glaſſes well ſtopt and luted, keeping your glaſſes in warme places; and thus you may keepe all flowers: but herbs, after they are dryed in this manner, are beſt kept in paper bags, placing the bags in cloſe cupboards.

7. *How to preſerve whole Roſes, Gilliflowers, Marigolds, &c.*

DIp a Roſe that is neither in the bud, nor overblowne, in a ſirup, conſiſting of ſugar double refined, & Roſe water boiled to his full height; then open the leaves, one by one, with a fine ſmooth bodkin, either of bone or wood; and preſently, if it be a hot ſunny day, and whileſt the Sunne is in ſome good height, lay them on papers in the Sun, or elſe dry them with ſome gentle heat in

a close roome, heating the roome before you set them in; or in an oven upon papers, in pewter dishes: and then put them up in glasses, and keep them in dry cupboards neere the fire: you must take out the seeds, if you meane to eate them. You may prove this; preserving with sugar-candie in stead of sugar, if you please.

8. *The most kindly way to preserve plums, cherries, gooseberries, &c.*

YOu must first purchase some reasonable quantitie of their owne juice, with a gentle heat, upon embers, in pewter dishes, dividing the juice still as it commeth in the stewing: then boile each fruit in his owne juice, with a convenient proportion of the best refined sugar.

9. *How to candy Roſemary-flowers, Roſe leaves, Roſes, Marigolds, &c. with preſervation of colour.*

DIſſolve refined or double refined ſugar, or ſugar-candy it ſelfe, in a little Roſe water: boile it to a reaſonable height: put in your rootes, or flowers when your ſirup is either fully cold, or almoſt cold; let them reſt therein till the ſirup have pierced them ſufficiently: then take out your flowers with a skimmer, ſuffering the looſe ſirup to runne from them ſo long as it will: boile that ſirup a little more, and put in more flowers, as before; divide them alſo: then boile all the ſirup which remaineth, and is not drunke up in the flowers, to the height of *Manus Chriſti*, putting in more ſugar, if you ſee cauſe, but no more Roſe-water; put your flowers therein when your ſirup is cold or almoſt cold, and let them ſtand till they candie.

10. *A moſt delicate and ſtiffe ſugar paſte, whereof to caſt Rabbets, Pigeons, or any other little bird or beaſt; either from the life or carved mou'ds.*

FIrſt, diſſolve Iſinglaſſe in faire water, or with ſome Roſe-water in the latter end: then beat blanched almonds; as you would for marchpane ſtuffe, and draw the ſame with creame and Roſe-water (milke will ſerve, but creame is more delicate): then put therein ſome powdered ſugar; into which you may diſſolve your Iſinglaſſe, being firſt made into gelly, in faire warme water (note, the more Iſinglaſſe you put therein, the ſtiffer your worke will prove): then having your rabbets, woodcocks, &c. molded, either in plaiſter from life, or elſe carved in wood (firſt annointing your woodden molds with oile of ſweet almonds, & your plaiſter or ſtone molds with barrowes greaſe) poure your ſugar paſte thereon.

A quart of creame, a quarterne of almonds, two ounces of Iſinglaſſe, and foure or ſixe ounces of ſugar is a reaſonable good proportion for this ſtuffe. *Quere* of moulding your birds, rabbets, &c. in the compound wax, mentioned in my *Jewell houſe*, in the title of the *Art of moulding & caſting*, page 60. for ſo your moulds will laſt long.

You may dredge over your fowle with crums of bread, cinamon and ſugar boiled together, and ſo they will ſeeme as if they were roſted and breaded. Leach and gelly may be caſt in this manner.

This paſte you may alſo drive with a fine rowling pin, as ſmooth and as thin as you preſſe: it laſteth not long, and therefore it muſt bee eaten within a few dayes after the making thereof. By this meanes a banquet may bee preſented in the forme of a ſupper, being a very rare and ſtrange device.

11. *To candy Marigolds, Roſes, Borage, or Roſemary-flowers.*

BOile Sugar & Roſe-water a little upon a chafingdiſh with coales: then put the flowers (being thorowly dried, either by the Sun, or on the Fire) into the ſugar, and boile them a little: then ſtrew the powder of double refined ſugar upon them, and turne them, and let them boile a little longer, taking the diſh from the fire: then ſtrew more powdered ſugar on the contrary ſide of the flowers. Theſe will dry of themſelves in two or three houres in a hot ſunny day, though they lie not in the Sunne.

12. *To make an excellent Marchpane paſte to print off in moulds for banquetting diſhes.*

TAke to every Jordan Almond blanched, three ſpoonfuls of the

the whiteſt refined ſugar you can get: ſearce your ſugar, and now and then, as you ſee cauſe, put in two or three drops of damaske Roſe-water: beate the ſame in a ſmooth ſtone mortar, with great labour, untill you have brought it into a dry ſtiffe paſte: one quarterne of ſugar is ſufficient to worke at once.

Make your paſte in little bals, every ball containing ſo much by eſtimation as will cover your mould or print: then roule the ſame with a rowling pin upon a ſheet of cleane paper, without ſtrewing any powdered ſugar either upon your paſte or paper.

There is a countrey Gentlewoman whom I could name, which venteth great ſtore of ſugar-cakes made of this compoſition. But the only fault which I find in this paſte, is, that it taſteth too much of the ſugar, and too little of the almonds: and therefore you may prove the making thereof by ſuch almonds

which have had ſome part of their oyle taken from them by expreſſion, before you incorporate them with the ſugar: and ſo happely you may mixe a greater quantity of them with the ſugar, becauſe they are not ſo oily as the other.

You may mixe cinamon or ginger in your paſte, and that wil both grace the taſte, and alter the colour; but the ſpice muſt paſſe thorow a faire ſearce: you may ſteep your almonds in cold water all night, and ſo blanch them cold: and being blanched, dry them in a ſieve over the fire. Here the garble of almonds will make a cheap paſte.

13. *The making of ſugar plate, and caſting thereof in carved moulds.*

TAke one pound of the whiteſt refined or double refined Sugar, if you can get it: put thereto three ounces (ſome Comfit-makers put

put ſixe ounces for more ſure) of the beſt ſtarch you can buy; and if you dry the ſugar after it is powdered, it will the ſooner paſſe thorow your Lawne Searce. Then ſearce it, and lay the ſame on a heap in the midſt of a ſheet of cleane paper: in the middle of which maſſe, put a pretty lump of the bigneſſe of a walnut of gumme dragagant, firſt ſteeped in Roſe-water one night: a porrenger full of Roſe-water is ſufficient to diſſolve an ounce of gum (which muſt firſt be well picked, leaving out the droſſe:) remember to ſtrain the gumme thorow a canvas: then, having mixed ſome of the white of an egge with your ſtrained gumme, temper it with the ſugar betwixt your fingers by little and little, till you have wrought up all the ſugar and the Gumme together into a ſtiffe paſte; and in the tempering, let there be alwayes ſome of the ſugar between your fingers and the Gumme: then doſt

your

your woodden moulds a little with ſome of that powdered Sugar thorow a piece of Lawne, or fine linnen cloth: and having driven out with your rowling pinne a ſufficient portion of your paſte to a convenient thickneſſe, cover your mould therewith, preſſing the ſame downe into every hollow part of your mould with your fingers: and when it hath taken the whole impreſſion, knocke the mould on the edge againſt a table, and the paſte will iſſue forth, with the impreſſion of the mould upon it: or, if the mould be deepe cut, you may put the point of your knife gently into the deepeſt parts here and there, lifting up by little and little the paſte out of the mould.

And if in the making of this paſte, you happen to put in too much gum, you may put more ſugar thereto, and if too much ſugar, then more gum: you muſt alſo worke this paſte into your moulds as ſpeedily as you can

can after it is once made, and before it harden: and if it grow ſo hard that it cracke, mixe more gum therewith: cut away with your knife from the edges of your paſte, all thoſe pieces which have no part of the worke upon them, and worke them up with the paſte which remaineth: and if you will make ſawcers, diſhes, bowles, &c. then (having firſt driven your paſte upon paper, firſt dufted over with ſugar to a convenient largeneſſe, and thickneſſe) put the paſtes into ſome ſawcer, diſh, or bowle of a good faſhion, and with your finger preſſe it gently downe to the inſides thereof, till it reſemble the ſhape of the diſh, then pare away the edges with a knife even with the skirt of your diſh or ſawcer, and ſet it againſt the fire, till it be dry on the inſide: then with a knife get it out, as they uſe to doe a diſh of butter, and dry the backſide: then gild it on the edge with the white of an egge laid round about

about the brimme of the diſh with a pencill, and preſſe the gold downe with ſome cotten; and when it is dry, skew or bruſh off the gold with the foote of a Hare or Cony. And if you would have your paſte exceeding ſmooth, as to make cards and ſuch like conceits thereof, then roule your paſte upon a ſliced paper with a ſmooth and poliſhed rowling pin.

14. *A way to make ſugar-plate both of colour, and taſte of any flower.*

TAke violets, and beate them in a mortar with a little hard ſugar, then put into it a ſufficient quantity of Roſe-water: then lay your gum in ſteep in the water, and ſo work it into paſte, and ſo will your paſte be both of the colour of the violet, and of the ſmell of the violet. In like ſort may you worke with Marigolds, Cowſlips, Primroſes, Bugloſſe, or any other flower.

15. *To*

15. *To make paſte of Novie.*

TAke a quarter of a pound of valentian almonds, otherwiſe called the ſmall almonds, or Barbary almonds, and beat them in a mortar till they come to paſte: then take ſtale manchet being grated, and dry it before the fire in a diſh: then ſift it: then beat it with your almonds: put, in the beating of it, a little cinamon, ginger, and the juice of a lemmon; and when it is beaten to perfect paſte, print it with your moulds, and ſo dry it in an oven after you have drawne your bread: this paſte will laſt all the yeer.

16. *To make Jumbolls.*

TAke halfe a pound of almonds, being beaten to paſte, with a ſhort cake being grated, & two eggs, two ounces of carroway ſeeds, being beaten

beaten, and the juice of a Lemmon: and being brought into paſte, roule it into round ſtrings: then caſt it into knots, and ſo bake it in an oven: and when they are baked, yce them with Roſe-water and Sugar, and the white of an egge being beaten together, then take a feather and gild them, then put them againe into the oven, and let them ſtand in a little while, and they will be yced cleane over with a white yce: and ſo boxe them up, and you may keepe them all the yeare.

17. *To make a paſte to keep you moiſt, if you liſt not to drinke oft; which ladies uſe to carry with them when they ride abroad.*

TAke halfe a pound of Damaske prunes, and a quartern of dates: ſtone them both, and beate them in a mortar with one warden being roaſted, or elſe a ſlice of old marmelade:

lade: and ſo print it in your moulds, and dry it after you have drawne bread: put Ginger unto it, and you may ſerve it in a banquet.

18. *To make a Marchpane.*

TAke two pound of Almonds, being blanched and dried in a ſieve over the fire: beat them in a ſtone mortar; and when they bee ſmall, mixe them with two pound of ſugar being finely beaten, adding two or three ſpoonfuls of Roſe water, & that will keep your Almonds from oyling. When your paſte is beaten fine, drive it thin with a rowling pin, and ſo lay it on a bottom of wafers: then raiſe up a little edge on the ſide, and ſo bake it: then ice it with Roſe-water and Sugar: then put it into the oven againe; and when you ſee your ice is riſen up and dry, then take it out of the oven, and garniſh it with

with pretty conceits, as birds and beaſts, being caſt out of ſtanding moulds. Sticke long comfits upright in it: caſt biskets and carrowayes in it, and ſo ſerve it: gild it before you ſerve it: you may alſo print off this March-pane paſte in your molds for banquetting diſhes: and of this paſte our Comfit-makers at this day make their letters, knots, Armes, Eſcutcheons, beaſts, birds, and other fancies.

19. *To make bisket bread, otherwiſe called french bisket.*

TAke halfe a pecke of fine flower, two ounces of coriander ſeeds, one ounce of anni ſeeds, the whites of foure egges, halfe a pinte of Ale-yeaſt, and as much water as will make it up into ſtiffe paſte; your water muſt be but bloud warme: then bake it in a long roule as big as your thigh: let it ſtay in the oven but one houre, and when it is a day old,

pare

pare it and ſlice it overthwart: then ſugar it over with fine powdered ſugar, and ſo dry it in an oven againe: and being dry, take it our, and ſugar it againe: then box it, and ſo you may keepe it all the yeere.

20. *To make prince biſket.*

TAke one pound of very fine flower, and one pound of fine ſugar, & eight egges, and two ſpoonfuls of Roſe-water, and one ounce of Carroway ſeeds, and beat it all to batter one whole houre: for the more you beat it, the better your bread is: then bake it in coffins of white plate, being baſted with a little butter before you put in your batter, and ſo keepe it.

21. *To make another kinde of biſket called biſkettello.*

TAke halfe an ounce of gummedragagant, diſſolved in Roſe-water

Roſewater with the juice of a lemmon and two graines of muske: then ſtrain it thorow a faire linnen cloth, with the white of an egge: then take halfe a pound of fine ſugar being beaten, and one ounce of Carroway ſeeds, being alſo beaten and ſearced: and then beat them all together in a mortar, till they come to paſte; then roule them up in ſmall loaves about the bigneſſe of a ſmall egge: put under the bottome of every one a piece of a wafer, and ſo bake them in an oven upon a ſheet of paper; cut them on the ſides, as you do a manchet, and prick them in the middeſt: when you breake them up, they will be hollow and full of eyes.

22. *To make Ginger-bread.*

TAke three ſtale manchets, and grate them: drie them and ſift them thorow a fine ſieve: then adde unto

unto them one ounce of Ginger, being beaten, and as much Cinamon, one once of Liquorice and Anniseeds, being beaten together, and searced, halfe a pound of sugar: then boile all these together in a posnet, with a quart of claret wine, till they come to a stiffe paste, with often stirring of it, and when it is stiffe, mould it on a table, and so drive it thin, and put it in your moulds: dust your moulds with Cinamon, Ginger, and Liquorice, being mixed together in fine powder. This is your Ginger-bread used at the Court, and in all Gentlemens houses at festivall times. It is otherwise called dry Leach.

23. *To make dry Ginger-bread.*

TAke halfe a pound of Almonds, and as much grated cake, and a pound of fine sugar, and the yolkes of two new laid egges, the juice of a lemmon

lemmon, and two graines of muſk; beat all theſe together till they come to a paſte: then print it with your moulds: and ſo dry it upon papers in an oven, after your bread is drawne.

24. To make puffe-paſte.

TAke a quart of the fineſt flower, and the whites of three egges, and the yolks of two, and a little cold water, and ſo make it into perfect paſte: then drive it with a rowling pin abroad: then put on ſmall pieces of butter, as big as nuts upon it: then fold it over; then drive it abroad againe; then put ſmall pieces of butter upon it, as you did before; doe this ten times, alwaies folding the paſte, and putting butter betweene every fold. You may convey any pretty forced diſh, as Florentin, Cherry-tart, Rice, or Pippins, &c. betweene two ſheets of that paſte.

25 *To make paſte ſhort without butter.*

TAke a quart of fine flower, and put it into a pipkin, and bake it in an oven when you bake manchet; then take the yolkes of two or three egges, and a pinte of creame, and make paſte; put into it two ounces of ſugar being finely beaten, and ſo you ſhall make your paſte ſhort without butter or ſewet. In like ſort, when you make ſugar-cakes, bake your flower firſt.

26. *To make cryſtall gelly.*

TAke a knockle of Veale, and two Calves feet (your Calves feet being flaid and ſcalded) and boyle them in faire ſpring water; and when they are boyled, ready to eat, you may ſave your fleſh, and not boyle it to pieces; for if you doe ſo, the gelly will looke thicke: then take a quart of the cleareſt

of

of the ſame broth, and put it into a poſnet, adding thereunto Ginger, white pepper, ſixe whole cloves, one nutmeg quartered, one graine of Muske; put all theſe whole ſpices in a little bag, and boyle them in your gelly; ſeaſon it with foure ounces of ſugar-candy, and three ſpoonfuls of Roſe-water; ſo let it run thorow your gelly-bag; and if you meane to have it looke of an amber colour, bruiſe your ſpices, and let them boile in your gelly looſe.

27. *To make Leach of Almonds.*

TAke halfe a pound of ſweet Almonds, and beat them in a mortar; then ſtraine them with a pint of ſweet milke from the cow; then put to it one grain of muske, 2. ſpoonfuls of roſe-water, two ounces of fine ſugar, the weight of three whole ſhillings of Iſinglaſſe that is very white, an

and ſo boile them: then let all runne thorow a ſtrainer, then you may ſlice the ſame, and ſo ſerve it.

28. *To make Quidinia of Quinces.*

TAke the kernels out of eight great Quinces, and boile them in a quart of ſpring water, till it come to a pint; then put into it a quarter of a pint of Roſe-water, and one pound of fine ſugar, and ſo let it boile till you ſee it come to be of a deep colour; then take a drop, and drop it on the bottome of a ſawcer, and if it ſtand, take it off; then let it runne thorow a gelly bagge into a baſon: then ſet on your baſon upon a chafingdiſh of coales, to keepe it warme; then take a ſpoone, and fill your boxes as full as you pleaſe, and when they be cold, cover them: and if you pleaſe to print it in moulds, you muſt have moulds made to the bigneſſe of your boxe, and wet your moulds with Roſe-water, and ſo let

it run into your mould; and when it is cold, turne it off into your boxes. If you wet your moulds with water, your gelly will fall out of them.

29. *To make gelly of Straw-berries, Mulberries, Raſpiſ-berries, or any ſuch tender fruit.*

TAke your berries, and grind them in an Alabaſter Mortar, with foure ounces of Sugar, and a quarter of a pint of faire water, and as much Roſe-water; and ſo boile it in a poſnet with a little peece of Iſinglaſſe, and ſo let it run thorow a fine cloth into your boxes, and ſo you may keepe it all the yeere.

30. *To make paſte of Genua of Quinces.*

TAke Quinces, and pare them, and cut them in ſlices, and bake them

them in an Oven dry in an earthen pot, without any other juyce than their owne: then take one pound thereof, ſtraine it, and put it into a ſtone Mortar with halfe a pound of ſugar; and when you have beaten it up to paſte, printit in your moulds, and dry it three or foure times in an Oven after you have drawne bread: and when it is thorowly dry and hardned, you may boxe it, and it will keepe all the yeere.

31. *To make Marmelade of Quinces or Damſons.*

WHen you have boiled your Quinces or Damſons ſufficiently, ſtraine them: then dry the pulpin a pan on the fire; and when you ſee there is no water in it, but that it beginneth to bee ſtiffe, then mixe two pound of ſugar with three pound of pulp: this Marmelade will bee white Marmelade: and if you deſire to have it looke with

an high colour: put your ſugar and your pulp together ſo ſoone as your pulp is drawne, and let them both boile together, and ſo it will looke of the colour of ordinary marmelade, like unto a ſtewed warden; but if you dry your pulp firſt, it will looke white, and take leſſe ſugar: you ſhall know when it is thick enough by putting a little into a ſawcer, letting it coole before you boxe it.

32. *To make ſacket of Lettice ſtalkes.*

TAke Lettice ſtalkes, and pill away the outſide; then parboile them in faire water; then let them ſtand all night dry; then take halfe a pint of the ſame liquor, and a quarter of a pint of Roſe-water, and ſo boile it to ſirup; and when your ſirup is betwixt hot and cold, put in your aforeſaid roots, and let them ſtand all night in your ſirup to make them take ſugar, and then the next

next day your ſirup will be weake againe: then boile it againe, and take out your roots. In the like ſort may you keepe Orenge pils, or greene Walnuts, or any thing that hath the bitterneſſe firſt taken from it by boiling in water.

33. *To candy Nutmegs or Ginger with an hard rock candy.*

TAke one pound of fine ſugar, and eight ſpoonfuls of Roſe-water, and the weight of ſixe pence of Gum Arabique, that is cleere, boile them together to ſuch an height, as that dropping ſome thereof out of a ſpoone, the ſirup do rope and runne into the ſmallneſſe of an haire: then put it into an earthen pipkin; wherein place your Nutmegs, Ginger, or ſuch like: then ſtop it cloſe with a ſawcer, and lute it well with clay, that no aire may enter: then keep it in a hot place three weeks, and it will candy hard.

You muſt breake your pot with an hammer, for otherwiſe you cannot get out your candy. You may alſo candy Orenges or Lemmons in like ſort, if you pleaſe.

34. *To preſerve Orenges, after the Portugall faſhion.*

TAke Orenges, and coare them on the ſide, and lay them in water: then boil them in faire water till they be tender: ſhift them in the boiling, to take away their bitterneſſe; then take Sugar, and boile it to the height of ſirup as much as will cover them, & ſo put your Orenges into it, & that will make them take Sugar. If you have 24. Orenges, beat eight of them, till they come to paſte, with a pound of fine Sugar; then fill every one of the other Orenges with the ſame, and ſo boile them againe in your ſirup: then there wil be Marmelade of Orenges within your Orenges, and it will cut like an hard egge.

35. *To*

35. *To candy Orenge pills.*

TAke your Orenge pills after they bee preserved; then take fine Sugar & Rose-water, and boile it to the height of *Manus Christi*; then draw thorow your Sugar, then lay them on the bottome of a sieve, and dry them in an Oven after you have drawne bread, and they will be candied.

36. *To preserve Cowcumbers all the yeere.*

YOu may take a gallon of faire water, and a pottle of verjuyce, and a pint of bay salt, and a handfull of green Fennell or Dill: boile it a little, and when it is cold, put it into a barrell, & then put your Cowcumbers into that pickle, and you shall keepe them all the yeere.

37. *To preſerve Broom-capers all the yeere.*

BOile a quart of verjuice, and an handfull of bay-ſalt, and therein you may keep them all the yeer.

38. *To colour ſugar-plate with ſeverall colours.*

YOu may mixe Roſes with your fine ſearced ſugar untill the colour pleaſe you, and ſo ſhall you have a faire murrey colour. Sapgreene muſt bee tempered in a little Roſe-water, having ſome gumme firſt diſſolved therein, and ſo lay it on with a pencill upon your paſte in apt places. With ſaffron you may make a yellow colour in the like manner, firſt drying and powdering your ſaffron; and after it hath coloured the Roſe-water ſufficiently, by ſtraining it thorow fine linnen. The powder of Cinamon

mon maketh a Walnut colour, and Ginger and Cinamon together, a lighter colour.

39 *To make Trosses for the Sea.*

FIrst make paste of Sugar and Gum dragagant mixed together, then mixe therewith a reasonable quantity of the powder of Cinamon and Ginger; and, if you please, a little Muske also, and make it up into roules of severall fashions, gilding them here and there. In the same manner you may also convey any purgative, vomit, or other medicine into Sugar paste.

40. *To make paste of Violets, Roses, Marigolds, Cowslips, or Liquorice.*

SHred, or rather powder the dry leaves of your flower, putting thereunto some fine powder of Ginger and Cinamon, and a little Muske, if you please, mixe them all

confuſedly together: then diſſolve ſome Sugar in Roſe-water, and being boyled a little, put ſome Saffron therein, if you worke upon Marigolds; or elſe you may leave out your Saffron: boile it on the fire unto a ſufficient height. You muſt alſo mixe therewith the pap of a roaſted apple, being firſt well dried in a diſh over a chafing-diſh of coales; then poure it upon a trencher, being firſt ſprinckled over with Roſe-water, and with a knife worke the paſte together. Then breake ſome Sugar-candy ſmall, but not to powder, and with Gumme dragagant faſten it here and there to make it ſeeme as if it were roch candied: cut the paſte into peeces of what faſhion you liſt, with a knife firſt wet in Roſe-water. In Liquorice paſte you muſt leave out the pap of the Pippin, and then worke your paſte into dry roules. Remember to ſearce the Liquorice thorow a fine ſearce. Theſe roules are

are verie good againſt any cough or cold.

41. *To make Marmelade of Lemmons or Orenges.*

TAke ten Lemmons or Orenges, & boile them with halfe a dozen Pippins, & ſo draw them thorow a ſtrainer: then take ſo much Sugar as the pulp doth weigh, and boile it as you doe Marmelade of Quinces, and then boxe it up.

42. *How to candy Nutmegs, Ginger, Mace, and flowers, in halfe a day, with hard or roch candy.*

LAy your Nutmngs in ſteepe in common Lee, made with ordinary aſhes, 24. houres; take them out, and boile them in faire water till they bee tender, and ſo take out the Lee: then dry them, and make a ſirup of double refined Sugar, and a little Roſe-water, to the height of

of a *Manus Chriſti*: place this ſirup in a gentle Balneo, or ſome ſmall heate, putting your Nutmegs into the ſirup. Note, that you muſt skum the ſugar, as it caſteth any skumme, before you put in your Nutmegs; then, having ſugar-candie firſt bruiſed groſſely, and ſearced thorow colanders of ſeverall bigneſſe, take the ſmalleſt thereof, and roule your Nutmegs up and downe therein, either in a diſh, or upon cleane paper: then ſtove your Nutmegges in a cupboard with a chafingdiſh of coales, which muſt be made hot of purpoſe, before you ſet them in: and when they are dry enough, dip them againe in freſh ſirup, boiled to his height, as before, and roule them in the groſſer ſugar-candy, and then ſtove them againe till they bee hard, and ſo the third time if you will increaſe their candy. Note, that you muſt ſpend all the ſugar which you diſſolve at one time with candying of one thing or other therein

therein preſently. The ſtronger that your Lee is, the better; and the Nutmeg, Ginger, &c. would lye in ſteep in the Lee ten or twelve dayes, and after in the ſirup of ſugar in a ſtove or cup-board, with a chafing-diſh and coales one whole weeke, and then you may candy them ſuddenly, as before. Flowers and fruits are done preſently, without any ſuch ſteeping or ſtoving, as before: onely they muſt be put into the ſtove after they are coated, with your powdered ſugar-candy. And thoſe flowers of fruits, as they are ſuddenly done, ſo they will not laſt above two or three dayes faire; and therefore onely to bee prepared for ſome ſet Banquet.

34. *Caſting of Sugar in partie moulds of wood.*

LAy your moulds in faire water three or foure houres before you

you caſt, then dry up your inward moiſture with a cloth of Linnen, then boile Roſe-water and refined Sugar together, but not to any great ſtiffeneſſe; then poure it into your moulds: let your moulds ſtand one houre, and then gently part or open the moulds, and take out that which you have caſt. You may alſo worke the paſte, *ante numero* 12, 13. into theſe moulds, firſt printing or preſſing gently a little of the paſte into the one halfe, and after with a knife, raking away the ſuperfluous edges, and ſo likewiſe of the other halfe: then preſſe both ſides of the mould together two or three times, and after take away the creſt that will ariſe in the middeſt. And to make the ſides to cleave together, you may touch them firſt over with Gumme dragagant diſſolved, before you preſſe the ſides of the mould together. Note, that you may convey Comfits within, before you cloſe the ſides. You may caſt off any

any of theſe mixtures or paſtes in Alabaſter moulds, moulded from the life.

44. *To mould off a Lemmon, Orenge, Peare, Nut, &c. and after to caſt it hollow within of Sugar.*

FIll a woodden platter half full of ſand, then preſſe downe a Lemmon, Peare, &c. therein to the juſt halfe thereof: then temper ſome burnt Alabaſter with faire water, in a ſtone or copper diſh, of the bigneſſe of a great ſilver boule, and caſt this pap into your ſand, and from thence clap it upon the Lemmon, Peare, &c. preſſing the pap cloſe unto it. Then after a while take out this halfe part with the Lemmon in it, and pare it even in the inſides, as neere as you can, to make it reſemble the juſt halfe of your Lemmon, then make 2. or 3. little holes in the halfe (viz. in the edges therof) laying it downe in the ſand againe, and ſo caſt

caſt another halfe unto it, then cut off a peece of the top of both your party moulds, and caſt thereto another cap in like manner as you did before. Keepe theſe three parts bound together with tape, till you have cauſe to uſe them: and before you caſt, lay them alwayes in water, and dry up the water againe, before you poure in the ſugar. Colour your Lemmon with a little Saffron ſteeped in Roſe-water. Uſe your Sugar in this manner: Boile refined, or rather double refined Sugar and Roſe-water to his full height, *viz.* till by powring ſome out of a ſpoone, it will run at the laſt as fine as a haire: then taking off the cap of your mould, poure the ſame therein, filling up the mould above the hole, and preſently clap on the cap, and preſſe it downe upon the Sugar; then ſwing it up and downe in your hand, turning it round, and bringing the neather part ſometimes

times to bee the upper part in the turning, and *è converſo*. This is the manner of uſing an Orenge, Lemmon, or other round mould: but if it be long, as a pigs foot will be, being moulded, then roule it, and turne it up and downe long-wayes in the aire.

45. *How to keep the dry pulp of Cherries, Prunes, Damſons, &c. all the yeere.*

YOu may take of thoſe kinde of cherries that are ſharpe in taſte (*Quære* if the common black & red cherry will not alſo ſerve, having in the end of the decoction a little oyle of Vitriol, or Sulphur, or ſome verjuice of ſowre grapes, or juice of Lemmons mixed therewith, to give a ſufficient tartneſſe:) pull off their ſtalks, and boile them by themſelves, without the addition of any liquor, in a caldron or pipkin; and when they begin once to boile in their owne

owne juyce, ſtirre them hard at the bottom with a ſpattle, leſt they burn to the pans bottome. They have boiled ſufficiently, when they have caſt off all their skins, and that the pulp and ſubſtance of the Cherries is growne to a thick pap: then take it from the fire, and let it coole; then divide the ſtones and skins by paſſing the pulp only thorow the bottome of a Strainer reverſed, as they uſe in *Caſſia fiſtula*; then take this pulp, and ſpread it thin upon glazed ſtones or diſhes, and ſo let it dry in the Sunne, or elſe in an Oven preſently after you have drawn your bread: then looſe it from the ſtone or diſh, and keepe it to provoke the appetite, and to coole the ſtomacke in Fevers and all other hot diſeaſes. Prove the ſame in all manner of fruit. If you feare aduſtion in this worke, you may finiſh it in hot Balneo.

46. *How to dry all manner of Plums or Cherries in the Sun.*

IF it be a ſmall fruit, you muſt dry them whole, by laying them abroad in the hot Sunne, in ſtone or pewter diſhes, on iron or braſſe pans, turning them as you ſhall ſee cauſe. But if the Plumme be of any largeneſſe, ſlit each Plum on the one ſide, from the top to the bottome; and then lay them abroad in the Sunne: but if they be of the biggeſt ſort, then give either Plum a ſlit on each ſide; and if the Sun doe not ſhine ſufficiently during the practice, then dry them in an oven that is temperately warme.

47. *How to keepe Apples, Peares, Quinces, Wardens, &c. all the yeere, dry.*

PAre them, take out the coare, and ſlice them in thin ſlices, laying

laying them to dry in the Sunne in ſome ſtone or metalline diſhes, or upon a high frame covered with courſe canvas, now and then turning them; and ſo they will keep all the yeer.

48. *To make green Ginger upon ſirup.*

TAke Ginger one pound: pare it cleane; ſteep it in red wine and vinegar equally mixed: let it ſtand ſo twelve dayes in a cloſe veſſell, and every day once or twice ſtirre it up and downe: then take of wine one gallon, and of vinegar a pottle: ſeethe all together to the conſumption of a moity or halfe; then take a pottle of cleane clarified hony, or more, and put thereunto, and let them boile, well together: then take halfe an ounce of ſaffron finely beaten, and put it thereto, with ſome ſugar, if you pleaſe.

49. *To make ſucket of greene Walnuts.*

TAke Walnunts when they are no bigger then the largeſt haſell nut: pare away the uppermoſt green, but not too deep; then ſeethe them in a pottle of water, till the water bee ſodden away: then take ſo much more of freſh water; and when it is ſodden to the halfe, put thereto a quart of vinegar, and a pottle of clarified hony.

50. *To make conſerve of Prunes or Damſons.*

TAke ripe Damſons: put them into ſcalding water: let them ſtand a while; then boile them over the fire till they breake: then ſtraine out the water thorow a colander, and let them ſtand therein to coole: then ſtraine the Damſons thorow the colander, taking away the ſtones and

and skinnes: then ſet the pulp over the fire againe, and put thereto a good quantity of red wine, & boile them well to a ſtiffeneſſe, ever ſtirring them up and downe; and when they be almoſt ſufficiently boiled, put in a convenient proportion of ſugar: ſtirre all well together, and after put it in your gally-pots.

51. *To make conſerve of Strawberries.*

FIrſt, ſeethe them in water, and then caſt away the water, and ſtraine them: then boile them in white wine, and worke as before in Damſons; or elſe ſtraine them, being ripe: then boile them in wine and Sugar till they be ſtiffe.

52. *Conſerve of Prunes or Damſons made another way.*

TAke a pottle of Damſons: prick them, and put them into a pot, putting

putting thereto a pint of Roſe-water or wine, and cover your pot: let them boile well: then incorporate them by ſtirring; and when they be tender, let them coole, and ſtraine them with the liquor alſo: then take the pulp, and ſet it over the fire, and put thereto a ſufficient quantity of Sugar, and boile them to their height or conſiſtencie, and put it up in gally-pots or jarre-glaſſes.

53. *How to candy Ginger, Nutmegs, or any roots or flowers.*

TAke a quarter of a pound of the beſt refined Sugar, or Sugar-candy, which you can get: powder it: put thereto two ſpoonfuls of Roſe water: dip therein your Nutmegs, Ginger, roots, &c. being firſt ſodden in faire water till they bee ſoft and tender: the oftner you dip them in your ſirup, the thicker the candy will bee, but

but it will bee the longer in candying: your ſirup muſt be of ſuch ſtiffeneſſe, as that a drop thereof, being let fall upon a pewter-diſh, may congeale and harden, being cold. You muſt make your ſirup in a chafing-diſh of coales, keeping a gentle fire. After your ſirup is once at his full height, then put them upon papers preſently into a ſtove, or in diſhes: continue fire ſome ten or twelve dayes, till you finde the candy hard and gliſtering like diamonds: you muſt dip the red roſe, the gilliflower, the marigold, the borage-flower, and all other flowers but once.

§4. *The Art of comfet-making, teaching how to cover all kindes of ſeeds, fruits, or ſpices with ſugar.*

FIrſt of all you muſt have a deep bottomed baſon of fine cleane braſſe or latten, with two ears of iron to hang it with two ſeverall cords

cords over a baſon or earthen pan with hot coales.

You muſt alſo have a broad pan to put aſhes in, and hot coales upon them.

You muſt have a cleane latten baſon to melt your ſugar in, or a faire braſen skillet.

You muſt alſo have a fine braſen ladle, to let run the ſugar upon the ſeeds.

You muſt alſo have a braſen ſlice, to ſcrape away the ſugar from the hanging baſon if need require.

Having all theſe neceſſary veſſels and inſtuments, worke as followeth.

Chooſe the whiteſt, fineſt, and hardeſt ſugar, and then you need not to clarifie it, but beate it only into fine powder, that it may diſſolve the ſooner.

But firſt make all your ſeeds very clean, and dry them in your hanging baſon.

Take, for every two pound of Sugar, a quarter of a pound of Anniſ-ſeeds, or Coriander-ſeeds, and your Comfits will be great enough: and if you will make them greater, take halfe a pound more of Sugar, or one pound more, and then they will bee faire and large.

And halfe a pound of Anniſ-ſeeds with two pound of Sugar, will make fine ſmall Comfits.

You may alſo take a quarter and a halfe of Anniſ-ſeeds, and three pound of Sugar, or halfe a pound of Anniſ ſeeds, and foure pound of Sugar. Do the like in Coriander-ſeeds.

Melt your Sugar in this manner: *viz.* Put three pound of your powder-ſugar into the Baſon, and one pint of cleane running water thereunto: ſtirre it well with a braſen ſlice, untill all bee moiſt and well wet: then ſet it over the fire, without ſmoake or flame, and melt it well, that there be no whole grifly

griſty Sugar in the bottome, and let it ſeethe mildly, untill it will ſtreame from the ladle like Turpentine, with a long ſtreame, and not drop: when it is come to his decoction, let it ſeethe no more, but keep it upon hot embers, that it may run from the ladle upon the ſeeds.

To make them ſpeedily, let your water be ſeething hot, or ſeething, and put powder of Sugar to them: caſt on your Sugar boiling hot: have a good warme fire under the hanging baſon.

Take as much water to your ſugar as will diſſolve the ſame.

Never skim your Sugar, if it be clean and fine.

Put no kind of Starch or Amylum to your Sugar.

Seethe not your Sugar too long: for that will make it black, yellow, or tawny.

Move the ſeeds in the hanging baſon as faſt as you can or may;

when the Sugar is in caſting.

At the firſt coate put on but one halfe ſpoonfull with the ladle, and all to move the baſon, move, ſtirre and rub the ſeeds with thy left hand a pretty while, for they will take Sugar the better, and dry them well after every coate.

Do this at every coate, not only in moving the baſon, but alſo with the ſtirring of the Comfits with the left hand, and drying the ſame, thus doing you ſhall make good ſpeed in the making: as, in every three houres you may make three pound of Comfits.

And as the Comfits do increaſe in greatneſſe, ſo you may take more Sugar in your ladle to caſt on. But for plaine Comfits, let your Sugar be of a light decoction laſt, and of a higher decoction firſt, and not too hot.

For criſpe and ragged Comfits, make your ſugar of a high decoction, even as high as it may runne from

from the ladle, and let fall a foot high or more from the ladle, and the hotter you caſt in your Sugar, the more ragged will your Comfits be. Alſo the Comfits will not take ſo much of the Sugar as they will upon a light decoction, and they will keep their raggedneſſe long. This high decoction muſt ſerve for eight or ten coats in the end of the work, and put on at every time but one ſpoonfull, and have a light hand with your baſon, caſting on but little Sugar.

A quarter of a pound of Coriander ſeeds, and three pound of Sugar will make great, huge, and bigge Comfits.

See that you keep your ſugar alwayes in good temper in the baſon, that it burne not into lumps or gobbets: and if your Sugar be at any time too high boiled, put in a ſpoonfull or two of water, and keep it warily with the ladle, and let your fire alwayes be without

ſmoake or flame.

Some commend a ladle that hath a hole in it to let the Sugar runne thorow of a height: but you may make your Comfits in their perfect forme and ſhape, only with a plaine ladle.

When your Comfits be made, ſet your diſhes with your Comfits upon papers in them, before the heate of the fire, or in the hot Sunne, or in an Oven after the bread is drawne, by the ſpace of an houre or two, and this will make them to be very white.

Take a quarter of a pound of Anniſ-ſeeds, and two pound of Sugar, and this proportion will make them very great: and even a like quantity take of Carroway-ſeed, Fennell-ſeed, and Coriander-ſeed.

Take of the fineſt Cinamon, and cut it into pretty ſmall ſticks, being dry, and beware you wet it not: for that deadeth the Cinamon:

mon: And then worke as in other comfits. Do this with Orenge rindes likewise.

Worke upon Ginger, Cloves, and Almonds, as upon other seeds.

The smaller that Anni-seed comfits be, the fairer, the harder, and so in all other.

Take the powder of Cinamon, two drammes; of fine Muske, dissolved in a little water, one scruple: mingle these all together in the hanging Bason, and cast them upon Sugar of a good decoction. Then, with thy left hand, move it to and fro, and dry it well: doe this often, untill they bee as great as Poppy-seeds; and give in the end three or foure coats of a light decoction, that they may be round and plaine: and with an high decoction, you may make them crispe.

You must have a course searce made for the purpose with haire, or with parchment full of holes, to

part and divide the comfits into ſeverall ſorts.

To make paſte for comfits, Take fine grated bread foure ounces, fine elect Cinamon powdred halfe an ounce, of fine Ginger powder one dramme, Saffron powder, a little; white Sugar two ounces, and a few ſpoonfuls of Borrage-water, ſeethe the water and the Sugar together, and put to the Saffron, then firſt mingle the crummes of bread, and the Spices well together, dry them, put the liquor ſcalding hot upon the ſtuffe, and being hot, labour it with thy hand, and make balls or other formes thereof, dry them, and cover them as comfits.

Coriander ſeeds two ounces, Sugar one pound and a halfe, maketh very faire comfits.

Anniſ-ſeeds three ounces, Sugar halfe a pound, of Anniſ-ſeeds two ounces, and Sugar ſix ounces, will make faire comfits.

Every dramme of fine Cinamon will

will take at the leaſt a pound of ſugar for biskets, and likewiſe of ſugar or ginger powder.

Halfe an ounce of groſſe Cinamon will make almoſt three drams of fine powder ſearced, after it is well beaten.

Sugar powder one ounce will take at the leaſt a pound of ſugar to make your biskets faire.

Carrowaies will be faire at twelve coates.

Put into the Sugar a little Amylum diſſolved for five or ſixe of the laſt coates, and that will make them exceeding criſpe: and if you put too much Amylum or Starch to the Comfits which you would have criſpe, it will make them flat and ſmooth.

In any other confection of paſted Sugar, mixed with Gum dragagant, put no kinde of Amylum: beware of it, for it will make the worke clammy.

To make red comfits, ſeethe three

or foure ounces of brazell with a little water: take of this red water four ſpoonfuls; of Sugar one ounce, and boile it to his decoction: then give ſixe coats, and it will be of a good colour; or elſe you may turne ſo much water with one dramme of turnſole, doing as before.

To make green Comfits, ſeethe Sugar with the juice of beets.

To make them yellow, ſeethe ſaffron with ſugar.

In making of comfits, alwaies when the water doth ſeethe, then put in your Sugar-powder, and let it ſeethe a little, untill it be cleane diſſolved, and boiled to his perfect decoction, and that the whiteneſſe of the colour be cleane gone: and if you let it ſettle, you ſhall ſee the Sugar ſomewhat cleere.

For biskets, take two ſpoonfuls of liquor; of Sugar ſearced in a courſe ſeeve one dramme; and of Sugar-powder, to be molt and caſt, one ounce. This done, will make the biskets

biskets somewhat faire, and somewhat greater than Poppy-seeds.

Aliter. Take Sugar-powder foure drams; Sugar to cast, foure ounces, with liquor sufficient: lay gold or silver on your comfits.

Every dram of Sugar-powder will take an ounce of Sugar to be cast: eight drams make one ounce. To thus much powder for biskets, take halfe a pound of Sugar to cast thereon.

Coriander-seeds, a quarter of a pound, Sugar three pounds; Coriander-seeds halfe a pound, Sugar three drams, will make faire comfits.

For Biskets, Annis-seeds halfe a pound, Fennell-seeds a quarter of a pound, and Sugar, two pound sufficeth.

In six or eight of the last coats put in two spoonfuls of Sugar very hot, to make them crisp.

To one pound of Sugar take nine ounces of water.

55. To make a cullis as white as ſnow, and in the nature of gelly.

TAke a Cocke, ſcald, waſh and draw him clean, ſeethe it in white wine or Rheniſh wine, ſcum it clean, clarifie the broth after it is ſtrained: then take a pint of thicke and ſweet creame, ſtraine that to your clarified broth, and your broth will become exceeding faire and white: then take powdered ginger, fine white ſugar and Roſe-water, ſeething your cullis when you ſeaſon it, to make it take the colour the better.

56. To make wafers.

TAke a pint of flower, put into it a little creame with two yolkes of egges and a little Roſe-water, with a little ſearced Cinamon and Sugar, worke them all together, and bake the paſte upon hot Irons.

57. *To make Almond Butter.*

BLanch your Almonds, and beate them as fine as you can with faire water, two or three houres, then ſtraine them thorow a linnen cloth, boile them with Roſe-water, whole Mace and Anniſ-ſeeds, till the ſubſtance be thick: ſpread it upon a faire cloth, dreining the whey from it, after let it hang in the ſame cloth ſome few houres, then ſtraine it, and ſeaſon it with Roſe-water and ſugar.

58. *A white gelly of Almonds.*

TAke Roſe-water, Gumme Dragagant diſſolved, or Iſinglaſſe diſſolved, and ſome Cinamon groſſely beaten, ſeethe them all together, then take a pound of Almonds, blanch and beate them fine with a little faire water, dry them in a faire cloth: and put your

your water aforesaid into the Almonds, seethe them together, and stirre them continually, then take them from the fire, when all is boiled to a sufficient height.

59. *To make Leach.*

SEethe a pint of creame, and in the seething put in some dissolved Isinglasse, stirring it till it be very thick: then take a handfull of blanched Almonds, beat them, and put them in a dish with your Creame, seasoning them with sugar, and after slice it, and dish it.

60. *Sweet Cakes without either Spice or Sugar.*

SCrape or wash your Parsneps cleane, slice them thinne, dry them upon Canvas or Net-worke frames, beat them to powder, mixing one third thereof with two thirds

thirds of fine wheat flower: make up your paste into coates, and you shall finde them very sweet and delicate.

61. *Roses and Gilliflowers kept long.*

COver a Rose that is fresh, and in the bud, and gathered in a faire day after the dew is ascended, with the whites of egges well beaten, and presently strew theron the fine powder of searced Sugar, and put them up in luted pots, setting the pots in a coole place in sand or gravell: with a fillep at any time you may shake off this inclosure.

62. *Grapes growing all the yeere.*

PUt a Vine stalke thorow a Basket of earth in December, which is likely to beare Grapes that

that year, and when the grapes are ripe, cut off the ſtalke under the baſket (for by this time it hath taken root) keep the basket in a warme place, and the grapes will continue freſh and faire a long time upon the Vine.

63. *How to dry Roſe leaves, or any other ſingle flower without wrinkling.*

IF you would performe the ſame well in roſe leaves, you muſt in roſe time make choiſe of ſuch roſes as are neither in the bud, nor full blowne (for theſe have the ſmoo-theſt leaves of all other) which you muſt eſpecially cull and chuſe from the reſt: then take right Callis ſand, waſh it in ſome change of waters, and dry it thorowly well, either in an oven, or in the ſunne; and having ſhallow, ſquare or long boxes of four, five, or ſix inches deep, make firſt an even lay of ſand in the bottom, upon which

which lay your Roſe leaves, one by one (ſo as one of them touch other) till you have covered all the ſand, then ſtrowe ſand upon thoſe leaves till you have thinly covered them all, and then make another lay of leaves as before, and ſo lay upon lay, &c. Set this boxe in ſome warme place in a hot ſunny day, (and commonly in two hot ſunny dayes they will bee thorow dry) then take them out carefully with your hand without breaking. Keep theſe leaves in jarre glaſſes, bound about with paper, neere a chimney, or ſtove, for feare of relenting. I finde the red Roſe leafe beſt to be kept in this manner; alſo take away the ſtalkes of panſies, ſtocke-gilliflowers, or other ſingle flowers, pricke them one by one in ſand, preſſing downe their leaves ſmooth with more ſand laid evenly upon them. And thus you may have Roſe leaves, and other flowers to lay about your baſons

basons, windowes, &c. all the winter long. Also this secret is very requisite for a good Simplifier, because he may dry the leafe of any herbe in this manner, and lay it, being dry, in his Herball, with the simple which it representeth, whereby he may easily learne to know the names of all simples which he desireth.

64. *Clusters of Grapes kept till Easter.*

CLusters of Grapes, hanging upon lines within a close Presse, will last till Easter. If they shrinke, you may plumpe them up with a little warme water before you eate them. Some use to dip the ends of the stalks first in pitch: some cut a branch off the Vine with every cluster, placing an Apple at each end of the branch, now and then renewing those Apples as they rot; and after hanging them within a Presse or Cupboard, which would

would ſtand in ſuch a roome (as I ſuppoſe) where the grapes might not freeze: for otherwiſe you muſt be forced now and then to make a gentle fire in the roome, or elſe the grapes will rot and periſh.

65. *How to keep Walnuts a long time plumpe and freſh.*

MAke a lay of the dry ſtampings of Crabs when the verjuice is preſſed from them, cover that lay with Walnuts, & upon them make another lay of ſtampings, and ſo one lay upon another till your veſſell be full wherein you meane to keep them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. *An excellent conceit upon the kernels of dry Walnuts.*

GAther not your Walnuts before they be ful ripe, keep them without

baſons, windowes, &c. all the winter long. Alſo this ſecret is very requiſite for a good Simplifier, becauſe he may dry the leafe of any herbe in this manner, and lay it, being dry, in his Herball, with the ſimple which it repreſenteth, whereby he may eaſily learne to know the names of all ſimples which he deſireth.

64. *Cluſters of Grapes kept till Eaſter.*

CLuſters of Grapes, hanging upon lines within a cloſe Preſſe, will laſt till Eaſter. If they ſhrinke, you may plumpe them up with a little warme water before you eate them. Some uſe to dip the ends of the ſtalks firſt in pitch: ſome cut a branch off the Vine with every cluſter, placing an Apple at each end of the branch, now and then renewing thoſe Apples as they rot; and after hanging them within a Preſſe or Cupboard, which would

would ſtand in ſuch a roome (as I ſuppoſe) where the grapes might not freeze: for otherwiſe you muſt be forced now and then to make a gentle fire in the roome, or elſe the grapes will rot and periſh.

65. How to keep Walnuts a long time plumpe and freſh.

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66. An excellent conceit upon the kernels of dry Walnuts.

GAther not your Walnuts before they be ful ripe, keep them without

out any art untill New-yeares tide, then breake the ſhells carefully, ſo as you deface not the kernels: (and therefore you muſt make choiſe of ſuch Nuts as have thin ſhels) whatſoever you finde to come away eaſily, remove it: ſteep theſe kernels in conduit water forty eight houres, then will they ſwell, and grow very plumpe and faire, and you may pill them eaſily, and preſent them to any friend you have for a Newyeares gift: but being pilled, they muſt be eaten within two or three houres, or elſe they looſe their whiteneſſe and beauty; but unpilled they will laſt two or three daies faire and freſh. This of a kind Gentlewoman, whoſe skill I do highly commend, and whoſe caſe I do greatly pity; ſuch are the hard fortunes of the beſt wits and natures in our dayes.

67. *How to keep Quinces in a moſt excellent manner.*

MAke choiſe of ſuch as are ſound, and gathered in a faire, dry and ſunny day, place them in a veſſell of wood, containing a firkin or thereabout, then cover them with penny ale, and ſo let them reſt: and if the liquor carry any bad ſcum, after a day or two take it off: every ten or twelve daies let out your penny ale at a hole in the bottome of your veſſell, ſtop the hole, and fill it up againe with freſh penny ale: you may have as much for two pence at a time as will ſerve for this purpoſe. Theſe Quinces being baked at Whitſontide, did taſte more daintily than any of thoſe which are kept in our uſuall decoctions or pickles.

Alſo if you take white wine Lees that are neat (but then I feare you muſt get them of the Merchant, for your Tavernes do hardly afford any) you

you may keep your Quinces in them very faire and freſh all the year, and therein you may alſo keep your Barbaries both full and faire coloured.

68. *Keeping of Pomegranats.*

MAke choiſe of ſuch Pomgranats as are ſound, and not prickt, as they terme it, lap them over thinly with waxe, hang them upon nailes, where they may touch nothing, in ſome cupboard or cloſet in your bedchamber, where you keep a continuall fire, and every three or foure daies turne the under ſides uppermoſt: and therefore you muſt ſo hang them in packthreed, that they may have a bow knot at either end. This way Pomegranats have been freſh till Whitſontide.

69. *Preſerving of Artichokes.*

CUt off the ſtalkes of your Artichokes within two inches of the Apple;

Apple; and of all the reſt of the ſtalkes make a ſtrong decoction, ſlicing them into thin and ſmall pieces, and keep them in this decoction: when you ſpend them, you muſt lay them firſt in warme water, and then in cold, to take away the bitterneſſe of them. This of M. *Parſons*, that honeſt and painefull practicer in his profeſſion.

In a milde and warm winter, about a moneth or three weekes before Chriſtmas, I cauſed great ſtore of Artichokes to be gathered with their ſtalkes in their full length as they grew: and, making firſt a good thick lay of Artichoke leaves in the bottome of a great and large veſſell, I placed my Artichokes one upon another, as cloſe as I could couch them, covering them over a pretty thickneſſe with Artichoke leaves; thoſe Artichokes were ſerved in at my Table all the Lent after, the apples being red and ſound, only the tops of the leaves a little vaded,

vaded, which I did cut away.

70. *Fruit preſerved in pitch.*

DWayberries, that do ſomewhat reſemble black Cherries, called in Latine by the name of *Solanum lætbale*, being dipped in molten pitch, being almoſt cold, and before it congeale and harden againe, and ſo hung up by their ſtalkes, will laſt a whole year. *Probat. per* M. *Parſons* the Apothecary. Prove what other fruits will alſo be preſerved in this manner.

71. *To make Clove or Cinamon Sugar.*

LAy pieces of ſugar in cloſe boxes amongſt ſtickes of Cinamon, Cloves, &c. and in ſhort time it will purchaſe both the taſte and ſent of the ſpice. *Probat.* in Cloves.

72. *Haſell Nuts kept long.*

A Man of great yeares and experience aſſured me, that Nuts may be kept a long time with full kernels, by burying them in earthen pots well ſtopt a foot or two in the ground: they keep beſt in gravelly or ſandy places. But theſe Nuts I am ſure will yeeld no oyle as other Nuts will that wexe dry in the ſhels with long keeping.

73. *Cheſnuts kept all the yeere.*

After the bread is drawn, diſperſe your Nuts thinly over the bottome of the Oven, and by this means the moiſture being dried up, the Nuts will laſt all the year: if at any time you perceive them to relent, put them into your Oven again, as before.

SECRETS IN DISTILLATION.

1. *How to make true ſpirit of Wine.*

TAke the fineſt paper you can get, or elſe ſome Virgin-parchment; ſtrain it very right & ſtiffe over the glaſſe body, wherein you put your Sack, Malmſie or Muſkadine; oyle the paper or Virgin-parchment with a pencill, moiſtened in the oyle of Ben, and diſtill it in Balneo with a gentle fire, and by this meanes you ſhall purchaſe onely the true ſpirit of Wine. You ſhall not have above two or three ounces at the moſt out of a gallon of Wine, which aſcendeth in the forme of a cloud,

cloud, without any dew or veines in the helm: lute all the joynts well in this distillation. This spirit will vanish in the aire, if the glasse stand open.

2. *How to make the ordinary spirit of wine, that is sold for five shillings and a noble a pint.*

PUt Sacke, Malmesie, or Muskadine into a glasse body, leaving one third or more of your glasse empty, set it in balneo, or in a pan of ashes, keeping a soft and gentle fire: draw no longer than till all or most part will burne away, which you may prove now and then by setting a spoonfull thereof on fire with a paper, as it droppeth from the nose or pipe of the helme: & if your spirit thus drawn hath any phlegme therein, then rectifie or re-distil that spirit againe in a lesser body, or in a bolt receiver in stead of another body, luting a small head on the top of the

steele thereof, and so you shall have a very strong spirit: or else for more expedition, distill five or six gallons of wine by Limbeck; and that spirit which ascendeth afterward, re-distill in glasse, as before.

3. *Spirits of Spices.*

DIstill with a gentle heat, either in Balneo, or ashes, the strong and sweet water, wherewith you have drawne oyle of Cloves, Mace, Nutmegs, Juniper, Rosemary, &c. after it hath stood one moneth close stopt, and so you shall purchase a most delicate spirit of each of the said aromaticall bodies.

4. *Spirit of wine, tasting of what vegetables you please.*

MAcerate Rosemary, Sage, sweet Fennell-seeds, Marjoram, Lemmon, or Orenge pils, &c. in

in spirit of wine a day or two, and then distill it over again, unlesse you had rather have it in his proper colour: for so you shall have it upon the first infusion without any farther distillation: and some young Alchymists do hold these for the true spirits of vegetables.

5. *How to make the water, which is usually called Balme-water.*

TO every gallon of Claret wine, put one pound of greene balme. Keep that which commeth first, and is cleerest, by it selfe: and the second and whiter sort, which is weakest & commeth last, by it selfe: distill in a pewter Limbeck luted with paste to a brasse pot. Draw this in May or June, when the herb is in his prime.

6. *Rosa-solis.*

TAke of the herbe Rosa-solis, gathered in July, one gallon,

picke out all the black moats from the leaves; Dates, half a pound; Cinamon, Ginger, Cloves, of each one ounce; grains, half an ounce; fine Sugar, a pound and an half; red Rose-leaves green, or dryed, foure handfuls: steep all these in a gallon of good *Aqua composita*, in a glasse close stopped with waxe, during twenty daies: shake it well together once every two dayes. Your sugar must be powdred, your spices bruised only, or grossely beaten; your Dates cut in long slices, the stones taken away. If you adde two or three graines of Amber-greece, and as much Muske in your glasse, among the rest of the ingredients, it will have a pleasant smell. Some adde the Gum Amber, with Corall and Pearle finely powdred, and fine leafe-gold. Some use to boile Ferdinando-buck in Rose-water, till they have purchased a faire deep crimson colour: and when the same is cold, they colour their Rosa-solis and

and *Aqua Rubea* therewith.

7. *Aqua Rubea.*

TAke of Musk six grains; of Cinamon and Ginger, of each one ounce; white sugar-candy, one pound: powder the Sugar, and bruise the spices grosly: bind them up in a clean linnen cloth, and put them to infuse in a gallon of *Aqua composita*, in a glasse close stopt twenty four hours, shaking them together divers times: then put thereto of Turnesole one dram: suffer it to stand one hour, and then shake all together: then if the colour like you after it is settled, poure the cleerest forth into another glasse: but if you will have it deeper coloured, suffer it to worke longer upon the Turnsole.

8. *Doctor* Steven's *Aqua composita.*

TAke a gallon of Gascoin wine, of Ginger, Galingale, Cinamon, Nutmegs and graines, Annis-seeds, Fennel-seeds, and Carroway-seeds, of each a dram; of Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Camomil, Lavender, of each a handfull: bray the spices small, and bruise the herbs, letting them macerate twelve houres, stirring it now & then: then distill by a Limbeck of pewter, keeping the first cleere water that commeth, by it self, and so likewise the second. You shall draw much about a pint of the better sort from every gallon of wine.

9. *Usque-bath, or Irish Aqua vitæ.*

TO every gallon of good *Aqua composita*, put two ounces of chosen

chosen Liquorice bruised, and cut into small pices, but first cleansed from all his filth, and two ounces of Anniſ-seeds that are clean and bruiſed: let them macerate five or sixe dayes in a wooden vessell, stopping the same close, and then draw off as much as will run cleere, dissolving in that cleere *Aquavitæ* five or six spoonfuls of the best Malassoes you can get (Spanish Cute, if you can get it, is thought better than Malassoes) then put this into another vessell; and after three or foure dayes (the more the better) when the liquor hath fined it selfe, you may use the same: some adde Dates and Raisines of the Sunne to this receipt; those grounds which remaine you may rediſtill, and make more *Aqua compoſita* of them, and of that *Aqua compoſita* you may make more Usque-bath.

10. *Cinamon-water.*

HAving a Copper body or Brasse pot that will hold twelve gallons, you may wel make two or three gallons of Cinamon-water at once. Put into your body over-night six gallons of conduit-water, and two gallons of spirit of wine, or, to save charge, two gallons of spirit drawn from wine lees, Ale, or low Wine, six pound of the best and largest Cinamon you can get, or else eight pound of the second sort well bruised, but not beaten into powder: lute your Limbeck; and begin with a good fire of wood and coales, till the vessell begin to distill; then moderate your fire, so as your pipe may drop apace, and run trickling into the receiver, but blow not at any time. It helpeth much herein to keep the water in the bucket not too hot, by often

ten change thereof: it must never be so hot, but that you may well endure your finger therein. Then divide into quart glasses the spirit which first ascendeth, and wherein you finde either no taste, or very small taste of the Cinamon; then may you boldly, after the spirit once beginneth to come strong of the Cinamon, draw untill you have gotten at the least a gallon in the Receiver, and then divide often by halfe pints, and quarters of pints, lest you draw too long: which you shall know by the faint taste and milky colour, which distilleth to the end: this you must now and then taste in a spoone. Now when you have drawn so much as you finde good, you may adde thereunto so much of your spirit that came before your Cinamon-water, as the same will well bear, which you must finde by your taste. But if your spirit and your Cinamon be both good, you may of the

aforesaid

aforesaid proportion will make up two gallons, or two gallons and a quart of good Cinamon-water. Here note, that it is not amisse to observe which glasse was first filled with the spirit that ascended, and so of the second, third, and fourth: and when you mixe, begin with the last glasse first, and so with the next, because those have more taste of the cinamon than that which came first; and therefore more fit to be mixed with your Cinamon-water. And if you mean to make but eight or nine pints at once, then begin but with the halfe of this proportion. Also that spirit which remaineth unmixed, doth serve to make Cinamon-water the second time. This way I have often proved, and found most excellent. Take heed that your Limbeck be cleane, and have no manner of sent in it, but of Wine or Cinamon; and so likewise of the glasses, funnels, and pots which you shall use about this worke.

11. *How*

11. *How to distill Isop, Thyme, Lavender, Rosemary, &c. after a new and excellent manner.*

HAving a large pot, containing twelve or fourteen gallons, with a Limbeck to it, or else a copper body, with a serpentine of twenty, or twenty foure gallons, and a copper head, being such a vessell as is commonly used in the drawing of *Aqua vitæ*, fill two parts thereof with faire water, and one other third part with such herbs as you would distill; the herbs being either moist or dry, skilleth not greatly whether: let the herbs macerate all night, and in the morning begin your fire, then distill as before in Cinamon-water, being carefull to give change of waters to your colour alwayes as it needeth: draw no longer than you fecle a strong and sensible taste of the

the herb which you distill, alwaies dividing the stronger from the weaker, and by this means you shall purchase a water far excelling any that is drawn by a common pewter Still: you may also gather the oyle of each herb, which you shall finde fleeting on the top or summity of your water. This course agreeth best with such herbs as are not in taste, and will yeeld their oyle by distillation.

12. *How to make the salt of Herbes.*

BUrne whole bundles of dried Rosemary, Sage, Isop, &c. in a clean Oven, and when you have gathered good store of the ashes of the herb, infuse warme water upon them, making a strong and sharpe Lee of those ashes, then evaporate that Lee, and the residence or settling which you find in the bottom thereof, is the salt which you seek for. Some use to filter this Lee divers

divers times before evaporation, that their salt may be the cleerer and more transparent. This salt according to the nature of the herb, hath great effect in physick.

13. *Spirit of Hony.*

PUt one part of Hony to five parts of water: when the water boileth, dissolve your Hony therein, scum it, and having sodden an houre or two, put it into a wooden vessell, and when it is but bloud-warme, set it on work with yeast after the usuall manner of Beere and Ale: tunne it, and when it hath lyen some time, it will yeeld his spirit by distillation, as Wine, Beer, and Ale will do.

14. *To distill Rose-water at Michaelmas, and to have as good yeeld as at any other time of the yeere.*

IN the pulling of your Roses, first divide all the blasted leaves; then take

take the other fresh leaves, and lay them abroad upon your table or windowes, with some cleane linnen under them, let them lye three or foure houres, or if they be dewy, untill the dew be fully vanished: put these Rose-leaves in great stone pottes, having narrow mouthes, and well leaded within, (such as the Goldsiners call their hookers, and serve to receive their *Aqua fortis*, bee the best of all others that I know) and when they are well filled, stop their mouthes with good corkes, either covered all over with waxe or molten brimstone, and then set your pot in some coole place, and they will keep a long time good, and you may distill them at your best leasure. This way you may distill Rose-water good cheape. If you buy store of Roses, when you find a glut of them in the Market, whereby they are sold for seven pence or eight pence the bushell: you then engrosse

engrosse the flower. And some hold opinion, that if in the midst of these leaves you put some broken leaven, and after fill up the pot with Rose-leaves to the top, that so in your distillation of them you shall have a perfect Rose-vinegar, without the addition of any common vinegar. I have known Rose-leaves kept well in Rondlets that have bin first well seasoned with some hot liquor and Rose-leaves boiled together, and the same pitched over in the out-side, so as no aire might penetrate or pierce the vessell.

15. *A speedy distillation of Rose-water.*

STampe the leaves, and first distill the juice, being expressed, and after distill the leaves, and so you shall dispatch more with one Still, than others do with three or foure

foure Stils. And this water is every way as medicinable as the other, serving in all sirups, decoctions, &c. sufficiently, but not altogether so pleasing in smell.

16. *How to distill Wine-vinegar, or good Aligar, that may be both cleere and sharp.*

I Know it is an usuall manner among the Novices of our time, to put a quart or two of good Vinegar into an ordinary leaden Still, and so to distill it as they do all other waters. But this way I utterly dislike, both for that here is no separation made at all, and also because I fear, that the Vinegar doth carry an ill touch with it, either from the leaden bottom, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large body of glasse, with a head or receiver, the same being placed in sand or ashes.

Note,

Note, that the best part of the Vinegar is the middle part that ariseth; for the first is faint and phlegmatick; and the last will taste of aduſtion, because it groweth heavie toward the latter end, & must be urged up with a great fire: and therefore you must now and then taste of that which commeth both in the beginning, and towards the latter end, that you may receive the best by it self.

17. *How to draw the true spirit of Roses, and so of all other herbs and flowers.*

MAcerate the Rose in his owne juice, adding thereto, being temperately warme, a convenient proportion either of yeast or ferment: leave them a few dayes in fermentation, till they have gotten a strong and heady smell, beginning to incline toward Vinegar: then distill them in balneo in glasse-bodies luted to their helmes (happely a Limbeck

beck will do better, and rid faſter) and draw ſo long as you finde any ſent of the Roſe to come: then re-diſtill or rectifie the ſame ſo often till you have purchaſed a perfect ſpirit of the Roſe. You may alſo ferment the juice of Roſes only, and after diſtill the ſame.

18. *An excellent Roſe-water.*

UPon the top of your glaſſe body, ſtraine a haire cloth, and upon that lay good ſtore of Roſe-leaves, either dry, or half dry; and ſo your water will aſcend very good both in ſmell and in colour. Diſtill either in Balneo, or in a gentle fire in aſhes: you may re-iterate the ſame water upon freſh leaves. This may alſo be done in a leaden-Still; over which, by reaſon of the breadth, you may place more leaves.

19. *An excellent way to make the extract of all Vegetables:*

EXpresse a good quantity of the juice thereof, set it on the fire, and give it only a walme or two, then it will grow cleere: before it be cooled poure away the cleered filter with a peece of cotten, and then evaporate your filtred juice, till it come to a thick substance: and thus you shall have a most excellent extract of the Rose, Gilliflower, &c. with the perfect sent and taste of the flower; whereas the common way is to make the extract either by the spirit of wine, faire water, the water of the plant, or some kinde of menstruum.

20. *To make a water smelling of the Eglantine, Gilliflowers, &c.*

DRy the herbe or flower, and distill the same in faire water in

in a Limbeck, draw no longer than you find sent in the water that issueth, re-iterate that water upon fresh herbs, and distill as before, dividing the sweetest from the rest.

21. *A Scottish hand-water.*

PUt Thyme, Lavender, & Rosemary confusedly together, then make a lay of thick wine Lees in the bottom of a stone pot, upon which make another lay of the said herbs, & then a lay of Lees, and so forward: lute the pot well, bury it in the ground for six weeks; distill it, & it is called Damesse-water in Scotland. A little thereof put into a bason of common water, maketh very sweet washing water.

22. *How to draw the bloud of herbs.*

STampe the herb, put the same into a large glasse, leaving two parts empty (some commend the juice of the herb only) nip or else lute the glasse

glasse very well: digest it in Balneo 15. or 16. daies, and you shall find the same very red: divide the watrish part; and that which remaineth, is the bloud or essence of the herb.

23. *Rose-water, and yet the Rose-leaves not discoloured.*

YOu must distill in balneo, and when the bottom of your pewter Still is thorow hot, put in a few leaves at once, and distill them: watch your Still carefully; and as soon as those are distilled, put in more. I know not whether your profit will require your labour, yet accept of it as a new conclusion.

24. *How to recover Rose-water, or any other distilled water that hath gotten a mother, and is in danger to be mustie.*

INfuse your water upon fresh Rose-leaves, or upon Rose-cakes broken all

all in peeces, and then, after maceration for three or foure houres with a gentle fire, re-distill your water. Do this in a Limbeck: take heed of drawing too long for burning, unlesse your Limbeck stand in balneo.

25. *To draw both good Rose-water, and oyle of Roses together.*

AFter you have digested your Rose-leaves by the space of three moneths, *sicut ante, num.* 13. either in barrels or hookers, then distill them with faire water in a Limbeck: draw so long as you can find any excellent smell of the Rose, then divide the fatty oyle that fleeteth on the top of the Rose-water, and so you have both excellent oyle of Roses, and also good Rose-water together, and you shall also have more water then by the ordinary way

way: and this Rose-water extendeth farther in physicall compositions, and the other serveth best for perfumes and casting bottles. You may also distill the oyle of *Lignum Rhodium* this way, saving that you shall not need to macerate the same above four and twenty hours in your water or menstruum before you distill: this oyle hath a most pleasing smell, in a manner equall with the oyle of Roses.

COOKERY AND HUSWIFERY.

1. *To ſouſe a young Pigge.*

TAke a young Pigge, being ſcalded: boile it in fair water & white wine: put thereto ſome Bay-leaves, ſome whole Ginger, ſome Mutmegs quartered, and a few whole Cloves: boile it thorowly, and leave it in the ſame broth in an earthen pot.

2. *Aliter.*

TAke a Pigge, being ſcalded: collar him up like Brawne, and lap your collars in faire clothes: when the fleſh is boiled tender, take it out, and put

put it in cold water and ſalt, and that will make the skin white: make ſowſing drink for it, with a quart of white wine, and a pottle of the ſame broth.

3. *To boile a Flounder or Pickrell of the French faſhion.*

TAke a pint of white wine, the tops of young Thyme and Roſemary, a little whole Mace, a little whole Pepper, ſeaſoned with Verjuice, Salt, and a peece of ſweet Butter, and ſo ſerve it: this broth will ſerve to boile fiſh twice or thrice in.

4. *To boile Sparrows or Larkes.*

TAke two ladles full of Mutton broth, a little whole Mace: put into it a peece of ſweet Butter, a handfull of Parſley, being picked: ſeaſon it with Sugar, Verjuice, and a little Pepper.

5. *To boile a Capon in white Broth.*

BOile your Capon by it ſelf in faire water: then take a ladle full or two of Mutton broth, and a little white Wine, a little whole Mace, a bundle of ſweet herbs, a little Marrow: thicken it with Almonds, ſeaſon it with ſugar and a litle verjuice: boile a few Currans by themſelves, and a Date quartered, leſt you diſcolour your broth, and put it on the breaſt of your Capon, Chicken, or Rabbet: if you have no Almonds, thicken it with cream, or with yolks of egges, garniſh your diſhes on the ſides with a Lemmon ſliced, and Sugar.

6. *To boile a Mallard, Teale, or Wygen.*

TAke Mutton-broth, and put it into a pipkin: put into the belly

belly of the Fowle a few ſweet herbs, and a little Mace: ſtick half a dozen of Cloves in his breaſt: thicken it with a toſte of bread ſteeped in Verjuice: ſeaſon it with a little pepper, and a little ſugar; alſo one Onion minced ſmall is very good in the broth of any water-fowle.

7. *To boile a legge of Mutton after the French faſhion.*

TAke all the fleſh out of your Leg of Mutton, or at the But-end, preſerving the skinne whole, and mince it ſmall with Oxe-ſuet and marrow: then take grated bread, ſweet Creame, and yolks of Egges, and a few ſweet herbs: put unto it Currans and Raſins of the Sunne: ſeaſon it with Nutmegs, Mace, Pepper, and a little Sugar, and ſo put it into the Leg of Mutton again, where you took it out, and ſtew it in a pot with a marrow-bone or two: ſerve

in the marrow-bones with the ſtewed broth and fruit, and ſerve in your Legge of Mutton dry with Carret roots ſliced, and caſt groſſe Pepper upon the roots.

8. *To boile Pigs-petitoes on the French faſhion.*

BOile them and ſlice them, being firſt rouled in a little batter, your batter being made with the yolke of an egge, two ſpoonfuls of ſweet cream, and one ſpoonfull of flower: make ſawce for it with Nutmeg, Vinegar, and Sugar.

9. *To boile Pigeons with Rice.*

BOile them in Mutton-broth, putting ſweet herbs in their bellies: then take a little Rice, and boile it in Cream, with a little whole Mace: ſeaſon it with Sugar, lay it thick on their breſts, wringing alſo the juice of

of a Lemmon upon them, and ſo ſerve them.

10. *To boile a chine of Veale or Chicken in ſharpe broth with herbs.*

TAke a little Mutton-broth, white wine and verjuice, and a little whole mace: then take Lettuce, Spinage, and Parſley, and bruiſe it, and put it into your broth, ſeaſoning it with Verjuice, Pepper, and a little Sugar, and ſo ſerve it.

11. *To make Beaumanger.*

TAke the Brawn of a Capon, toſe it like wooll; then boile it in ſweet cream, with the whites of two egges: and being well boiled, hang it in a cloth, and let the whey run from it: then grind it in an Alabaſter mortar with a wooden peſtell; then draw it thorough a thin ſtrainer

with the yolkes of two egges and a little roſe-water: then ſet it on a chafing-diſh with coales, mixing foure ounces of ſugar with it; and when it is cold, diſh it up like almond-butter, and ſo ſerve it.

12. *To make a Polonian Sawſedge.*

TAke the fillets of a Hogge: chop them very ſmall with a handfull of red Sage: ſeaſon it hot with Ginger and Pepper, and then put it into a great ſheep's gut: then let it lye three nights in brine: then boile it, and hang it up in a chimney where fire is uſually kept: and theſe Sawſedges will laſt a whole year. They are good for ſallads, or to garniſh boiled meats, or to make one relliſh a cup of wine.

13. *To make tender and delicate Brawne.*

PUt collars of Brawn in kettles of water, or other apt veſſels, into an Oven, heated as you would for houſhold bread: cover the veſſels, and ſo leave them as long in the Oven, as you would do a batch of bread. A late experience amongſt Gentlewomen, far excelling the old manner of boiling Brawne in great and huge kettles. *Quere*, if (putting your liquor hot into the veſſels, and the Brawne a little boiled firſt) by this means you ſhall not give great expedition to your work.

14. *Paſte made of Fiſh.*

INcorporate the body of ſalt fiſh, Stock-fiſh, Ling, or any freſh fiſh that is not full of bones, with crums of bread, flower, Iſinglaſſe, &c.

and with proper Spices agreeing with the nature of every ſeverall fiſh; and of that paſte, mould off the ſhapes and formes of little fiſhes; as, of the Roch, Dace, Perch, &c. and ſo by Art you may make many little fiſhes out of one great and naturall fiſh.

15. *How to barrell up Oyſters ſo as they ſhall laſt for ſix moneths ſweet and good, and in their naturall taſte.*

OPen your Oyſters: take the liquor of them, and mix a reaſonable proportion of the beſt white wine Vinegar you can get, a little Salt, and ſome Pepper: barrell the fiſh up in ſmall caske, covering all the Oyſters in this pickle, and they will laſt a long time. This is an excellent meanes to convey Oyſters unto dry towns, or to carry them in long voyages.

16. *How*

16. *How to keep freſh Salmon a whole moneth in his perfect taſte, and delicacy.*

FIrſt ſeethe your Salmon according to the uſuall manner: then ſinke it in apt and cloſe veſſels in wine-vinegar, with a branch of Roſe-mary therein. By this meanes, Vintners and Cookes may make profit thereof when it is ſcarce in the Markets: and Salmon, thus prepared, may be profitably brought out of Ireland, and ſold in London, or elſe-where.

17. *Fiſh kept long, and yet to eat ſhort and delicately.*

FRy your fiſh in oyle: ſome commend rape oyle; & ſome the ſweeteſt Civill oyle that you can get: for the fiſh wil not taſte at all of the oile, becauſe

becauſe it hath a watriſh body, and oyle and water make no true unity: then put your fiſh in white wine vinegar, and ſo you may keep it for the uſe of your Table any reaſonable time.

18. *How to keep roaſted Beefe a long time ſweet and wholſome.*

THis is alſo done in Wine-vinegar, your peeces being not over great, and well and cloſe barrelled up. This ſecret was fully proved in that honourable voyage unto Cales.

19 *How to keep powdered Beefe five or ſix weeks after it is ſodden, without any charge.*

WHen your Beef hath been well and throughly powdered by ten or twelve daies ſpace, then ſeethe it throughly, dry it with a cloth, and

and wrap it in dry clothes, placing the ſame in cloſe veſſels and cupboards, and it will keep ſweet and ſound two or three moneths, as I am credibly informed from the experience of a kinde and loving friend.

20 *A conceipt of the Authors, how Beefe may bee carried at the Sea without that ſtrong and violent impreſſion of ſalt, which is uſually purchaſed by long and extreme powdering.*

HEre with the good leave and favour of thoſe courteous Gentlewomen, for whom I did principally, if not only, intend this little Treatiſe; I will make bold to lanch a little from the ſhoare, and try what may bee done in the vaſt and wide Ocean, and in long and dangerous voyages, for the better preſervation of ſuch uſuall victuals, as for want of this skill do

do oftentimes meerly periſh, or elſe by the extreme piercing of the Salt, do loſe even their nutritive ſtrength and vertue: and if any future experience do happen to controule my preſent conceipt, let this excuſe a Scholar, *quòd in magnis eſt voluiſſe ſatis*. But now to our purpoſe: Let all the bloud be firſt well gotten out of the Beef, by leaving the ſame ſome nine or ten dayes in our uſuall brine: then barrell up all the pieces in veſſels full of holes, faſtening them with ropes at the ſterne of the ſhip, and ſo dragging them thorow the ſalt ſea water (which, by his infinite change and ſucceſſion of water, will ſuffer no putrefaction, as I ſuppoſe:) you may happely finde your Beef both ſweet & ſavoury enough, when you come to ſpend the ſame. And if this happen to fall out true upon ſome tryall thereof had, then either at my next impreſſion, or when I ſhall be urged thereunto upon any neceſſity of ſervice, I hope to

to diſcover the means alſo whereby every ſhip may carry ſufficient ſtore of victuall for her ſelf in more cloſe and convenient carriages than thoſe looſe veſſels are able to performe. But if I may be allowed to carry either roſted or ſodden fleſh to the ſea, then I dare adventure my poore credit therein, to preſerve, for ſix whole moneths together, either Beef, Mutton, Capons, Rabbets, &c. both in a cheap manner, and as freſh as we do now uſually eat them at our tables. And this I hold to be a moſt ſingular and neceſſary Secret for all our Engliſh Navie; which at all times, upon reaſonable terms, I will be ready to diſcloſe for the good of my countrey.

21. *How to make ſundry ſorts of moſt dainty butter, having a lively taſte of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a few drops of the extracted oyle of Sage, Cinamon, Nutmegs, Mace, &c. in the making up of your butter: for Oyle and Butter will incorporate and agree very kindly and naturally together. And how to make the ſaid oyles, with all neceſſary veſſels, inſtruments, & other circumſtances, by a moſt plain & familiar deſcription, ſee my Jewell-houſe of Art and Nature, under the title of Diſtillation.

22. *How to make a larger and daintier Cheeſe of the ſame proportion of milke than is commonly uſed or knowne by any of our beſt Dairy-women at this day.*

HAving brought your Milke into Curds by ordinary rener, either

break

breake them with your hands, according to the uſuall manner of other Cheeſes, and after, with a fleeting diſh, take away as much of the whey as you can; or elſe put the Curds, without breaking, into your moat: let them ſo repoſe one houre, or two, or three; and then, to a Cheeſe of two gallons of milke, adde a weight of ten or twelve pound: which weight muſt reſt upon a cover that is fit with the moat or caſe; wherein it muſt truely deſcend by degrees as you increaſe your weight, or as the Curds do ſink and ſettle. Let your curds remaine ſo all that day and night following, untill the next morning: and then turne your Cheeſe or Curds, and place your weight againe thereon, adding from time to time, ſome more weight, as you ſhall ſee cauſe. Note, that you muſt lay a cloth both under and over your Curds at the leaſt, if you will

not

not wrap them all over, as they doe in other Cheeſes, changing your cloth at every turning. Alſo if you will work in any ordinary moat, you muſt place a round and broad hoope upon the moat, being juſt of the ſelf ſame bigneſſe or circumference, or elſe you ſhall make a very thinne Cheeſe. Turne theſe Cheeſes every morning and evening, or as often as you ſhall ſee cauſe, till the whey be all runne out; and then proceed as in ordinary Cheeſes. Note, that theſe moates would be full of holes, both in the ſides and bottome, that the whey may have the ſpeedier paſſage. You may alſo make them in ſquare boxes full of holes, or elſe you may deviſe moates or caſes, either round or ſquare of fine wicker; which, having wicker covers, may by ſome ſleight be ſo ſtayed, as that you ſhall need only morning and evening to turne

turne the wrong ſide upward, both the bottomes being made looſe, and ſo cloſe and fitting, as they may ſinke truely within the moat or mould, by reaſon of the weight that lyeth thereon. Note, that in other Cheeſes the cover of the moat ſhutteth over the moat: but in theſe the covers deſcend and fall within the moats. Alſo your ordinary Cheeſes are more ſpongious and full of eyes than theſe, by reaſon of the violent preſſing of them; whereas theſe Cheeſes ſetling gently and by degrees, doe cut as cloſe and as firme as Marmelade. Alſo in thoſe Cheeſes which are preſſed out after the uſuall manner, the whey that commeth from them, if it ſtand a while, will carrry a creame upon it, whereby the Cheeſe muſt of neceſſity be much leſſe, and (as I gheſſe) by a fourth part: whereas the whey that commeth from theſe new kinde of Cheeſes

Cheeſes is like faire water in colour, and carrieth no ſtrength with it. Note alſo, that if you put in your Curds unbroken, not taking away the whey that iſſueth in the breaking of them, that ſo the cheeſes will yet be ſo much the greater: but that is the more troubleſome way, becauſe the Curds, being tender, will hardly endure the turning, unleſſe you be very carefull. I ſuppoſe, that the Angelores in France may be made in this manner in ſmall baskets, and ſo likewiſe of the Parmeeſan: and if your whole Cheeſes conſiſt of unflatten milke, they will be full of butter, and eat moſt daintily, being taken in their time, before they be too dry: for which purpoſe you may keep them, when they begin to grow dry, upon green Ruſhes or Nettles. I have robbed my wifes Dairy of this ſecret, who hath hitherto refuſed all recompences that have been offered her

her by Gentlewomen for the ſame, and had I loved a Cheeſe my ſelfe ſo well as I like the receipt, I think I ſhould not ſo eaſily have imparted the ſame at this time. And yet I muſt needs confeſſe, that for the better gracing of the Title, wherewith I have fronted this Pamphlet, I have bin willing to publiſh this with ſome other ſecrets of worth, for the which I have many times refuſed good ſtore both of crowns and angels. And therefore let no Gentlewoman think this Book too dear, at what price ſoever it ſhall be valued upon the ſale thereof: neither can I eſteeme the work to be of leſſe than twenty years gathering.

23. *Clouted Creame.*

TAke your Milke, being new milked, and preſently ſet it upon the fire from morning untill the evening,

evening, but let it not ſeethe: and this is called my Lady *Young's* clowted Creame.

24. *Fleſh kept ſweet in Summer.*

YOu may keep Veale, Mutton, or Veniſon in the heat of Summer nine or ten dayes good, ſo as it be newly and fair killed, by hanging the ſame in an high and windy roome. (And therefore a plate cupboard full of holes, ſo as the wind may have a thorow paſſage, would be placed in ſuch a room, to avoid the offence of Fly-blowes.) This is an approved ſecret, eaſie and cheap, and very neceſſary to be known and practiſed in hot and tainting weather. Veale may be kept ten dayes in bran.

25. *Muſtard-Meale.*

IT is uſuall in Venice to ſell the meale of Muſtard in their Markets, as

as we do flower and meale in England: this meſſe, by the addition of Vinegar, in two or three dayes becommeth exceeding good Muſtard; but it would be much ſtronger and finer, if the husks and huls were firſt divided by ſearce or boulter; which may eaſily be done, if you dry your ſeeds againſt the fire before you grind them. The Dutch iron hand-mils, or an ordinary Pepper-mill, may ſerve for this purpoſe. I thought it very neceſſary to publiſh this manner of making your ſawce, becauſe our Muſtard, which we buy from the Chandlers at this day, is many times made up with vile and filthy Vinegar, ſuch as our ſtomacks would abhorre, if we ſhould ſee it before the mixing thereof with the ſeeds.

26. *How to avoid ſmoake in broyling of Bacon, Carbonado, &c.*

MAke little dripping pans of paper, paſting up the corners with Starch

ſtarch or paſte: wet them a little in water (but Pope *Pius Quintus* his Cooke will have them touched over with a feather firſt dipped in oyle or molten butter:) lay them on your grid-iron, and place therin your ſlices of Bacon, turning them as you ſee cauſe. This is a cleanly way, and avoideth all ſmoak. In the ſame manner you may alſo broile thin ſlices of Polonian Sawſedges, or great Oyſters: for ſo were the Popes Oyſters dreſſed. You muſt be carefull, that your fire under the Grid-iron flame not, leſt you happen to burne your dripping-pans: and therefore all cole-brands are here ſecluded.

27. *The true bottling of Beere.*

WHen your Beere is ten or twelve dayes old, whereby it is growne reaſonable cleere, then

then bottle it, making your corkes very fit for the bottles, and ſtop them cloſe: but drink not of this beer, till they begin to work again, and mantle, and then you ſhall find the ſame moſt excellent and ſpritely drink: and this is the reaſon why bottle-ale is both ſo windy and muddy, thundering and ſmoaking upon the opening of the bottle, becauſe it is commonly bottled the ſame day that it is laid into the cellar; whereby its yeaſt, being an exceeding windy ſubſtance, being alſo drawn with the ale not yet fined, doth incorporate with the drink, and maketh it alſo very windy: and this is all the Lime and Gun-powder wherewith bottle-ale hath been a long time ſo wrongfully charged.

28. *How to help your bottles when they are muſty.*

SOme put them in an Oven when the bread is newly drawn, cloſing

up the Oven, and ſo let them reſt till morning. Others content themſelves with ſcalding them in hot liquor only till they be ſweet.

29. *How to breake whites of Egges ſpeedily.*

A Fig or two ſhred in pieces, and then beaten amongſt the whites of Egges, will bring them into an oyle ſpeedily: ſome break them with a ſtubbed rod; and ſome, by wringing them often thorow a ſpong.

30. *How to keep flyes from oyle-peeces.*

A Line limed over, and ſtrained about the creſt of oyle-peeces or pictures, will catch the Flyes, that would otherwiſe deface the pictures. But this Italian conceipt, both for the rareneſſe and uſe thereof, doth pleaſe

pleaſe me above all other, *viz.* Prick a cowcumber full of barley-cornes, with the ſmall ſpiring ends outward: make little holes in the cowcumber firſt with a wooden or bone bodkin, and after put in the grain: theſe, being thick placed, will in time cover all the cowcumber, ſo as no man can diſcerne what ſtrange plant the ſame ſhould be. Such cowcumbers are to be hung up in the midſt of Summer roomes, to draw all the Flies unto them, which otherwiſe would flye upon the pictures or hangings.

31. *To keep Lobſters, Crabfiſhes, &c. ſweet and good for ſome few dayes.*

THeſe kindes of fiſh are noted to be of no durability or laſting in warme weather: yet to prolong their dayes a little, though I feare I ſhall raiſe the price of

them by the diſcovery amongſt the Fiſhmongers (who only in reſpect of their ſpeedy decay, do now and then afford a penny worth in them) if you wrap them in ſweet and courſe rags firſt moiſtned in brine, and then bury theſe clothes in Callis ſand, that is alſo kept in ſome coole or moiſt place: I know by mine own experience, that you ſhall find your labour well beſtowed, and the rather, if you lay them in ſeverall cloths, ſo as one do not touch the other.

32. *Divers excellent kinds of Bottle-ale.*

I Cannot remember, that ever I did drink the like Sage-ale at any time, as that which is made by mingling two or three drops of the extracted oyle of Sage with a quart of ale, the ſame being well brewed out of one pot into another,

ther: and this way a whole Stand of ſage ale is very ſpeedily made. The like is to be done with the oyle of Mace or Nutmegs. But if you will make a right Goſſips cup, that ſhall farre exceed all the ale that ever mother *Bunch* made in her life time, then in the bottling up of your beſt ale, tun half a pint of white Ipocraſſe that is newly made, and after the beſt receipt, with a pottle of ale: ſtop your bottle cloſe, and drink it when it is ſtale. Some commend the hanging of roaſted Orenges prickt full of Cloves in the veſſell of ale, till you find the taſte thereof ſufficiently graced to your own liking.

33. *How to make worme-wood wine very ſpeedily, and in great quantity.*

TAke ſmall Rochell or Coniake wine, put a few drops of the

extracted oyle of wormwood therein: brew it together (as before is ſet down in bottle-ale) out of one pot into another, and you ſhall have a more neat and wholeſome wine for your body than that which is ſold at the Still-yard for right wormwood-wine.

34. *Roſe-water and Roſe-vinegar of the colour of the Roſe, and of the Cowſlip, and Violet-vinegar.*

IF you would make your Roſe-water and Roſe-vinegar of a Ruby colour, then make choice of the crimſin-velvet-coloured leaves, clipping away the whites with a paire of ſheeres; and being thorow dryed, put a good large handfull of them into a pint of Damaske or red Roſe-water: ſtop your glaſſe well, and ſet it in the Sun till you ſee that the leaves have loſt their colour: or, for more expedition you may performe this work in balneo in a few hours, and

and when you take out the old leaves, you may put in freſh, till you find the colour to pleaſe you. Keep this Roſe-water in glaſſes very well ſtopt; the fuller the better. What I have ſaid of Roſe-water, the ſame may alſo be intended of Roſe-vinegar, Violet, Marigold, and Cowſlip-vinegar; but the whiter vinegar you chuſe for this purpoſe, the colour thereof will be the brighter: and therefore diſtilled vinegar is beſt for this purpoſe, ſo as the ſame be warily diſtilled with a true diviſion of parts, according to the manner expreſſed in this book in the diſtillation of Vinegar.

35. *To keep the juice of Orenges and Lemmons all the yeere for ſauce, juleps, and other purpoſes.*

EXpreſſe their juice, and paſſe it thorow an Ipocraſſe bagge, to clarifie it from its impurities:

then fill your glaſſe almoſt to the top; cover it cloſely, and let it ſtand ſo till it have done boiling: then fill up your glaſſe with good ſallet oyle, and ſet it in a coole cloſet or buttery, where no Sun commeth: the apteſt glaſſes for this purpoſe, are ſtraight upright ones, like to our long beer glaſſes, which would be made with little round holes within two inches of the bottom, to receive apt fawcets: and ſo the grounds or lees would ſettle to the bottom, and the oyle would ſink down with the juice ſo cloſely, that all putrefaction would be avoided: or, in ſtead of holes if there were glaſſe pipes, it were the better and readier way, becauſe you ſhall hardly faſten a fawcet well in the hole. You may alſo in this manner preſerve many juices of herbs and flowers.

And becauſe that profit and skill united do grace each other, if (courteous Ladies) you will lend ears, and follow my direction, I will here furniſh

furniſh a great number of you (I would I could furniſh you all) with the juice of the beſt Civill Orenges at an eaſie price. About All-hollantide, or ſoone after, you may buy the inward pulp of Civill Orenges, wherein the juice reſteth, of the Comfit-makers for a ſmall matter, who do only and principally reſpect their rinds, to preſerve and make Orengeadoes withall: this juice you may prepare and reſerve as before.

36. *How to puriſie and give an excellent ſmell and taſte unto Sallet oyle.*

PUt Sallet oyle into a veſſell of wood or earth, having a hole in the bottom: to every four quarts of water, adde one quart of oyle, and with a wooden ſpoon or ſpattle, beat them well together for a quar-

ter of an houre; then let out the water, preventing the oyle from iſſuing, by ſtopping of the hole: repeat this worke two or three times, and at the laſt you ſhall finde your oyle well cleanſed or clarified. In this manner you may alſo clarifie caponſ-greaſe, being firſt melted, and working with warme water. All this is borrowed of M. *Bartholmæus Scapius*, the Maſter Cooke of Pope *Pius Quintus* his privie Kitchen. I think if the laſt agitation were made in Roſe-water, wherein alſo cloves or nutmegs had been macerated, that ſo the oyle would be yet more pleaſing.

Or if you ſet a Jarre-glaſſe in balneo, full of ſweet oyle, with ſome ſtore of bruiſed cloves, and rinds of civill Orenges or Lemmons alſo therein, and ſo continue your fire for two or three houres, and then letting the cloves and rindes remaine in the oyle, till both the ſent and taſte do pleaſe you; I think ma-

ny

ny men, which at this day do loath oile (as I my ſelf did not long ſince) would be eaſily drawn to a ſufficient liking thereof.

37. *How to clarifie without any diſtillation, both white and claret wine-vinegar for gellies or ſauces.*

TO every ſix pints of good wine-vinegar, put the whites of two new-laid Egges well beaten: then put all into a new leaden pipkin, and cauſe the ſame to boile a little over a gentle fire; then let it run thorow a coorſe gelly-bagge twice or thrice, and it will be very cleer, and keep good one whole year.

38. *To make a moſt delicate white ſalt for the Table.*

FIrſt, calcine or burn your white ſalt: then diſſolve it in cleer conduit water:

water: let the water ſtand without ſtirring, forty eight houres: then carefully draw away all the cleer water only: filter it, and after evaporate the filtred liquor, reſerving the ſalt. Some leave out calcination.

39. *A delicate candle for a Ladies Table.*

CAuſe your Dutch Candles to be dipped in Virgin-wax, ſo as their laſt coate may be meerly waxe: and by this means you may carry them in your hand without melting, and the ſent of the tallow will not break thorow to give offence: but if you would have them to reſemble yellow waxe-candles, then firſt let the tallow be coloured with Turmerick boiled therein, and ſtrained: and after your candles have been dipped therein to a ſufficient greatneſſe, let them take their laſt coat

coat from yellow waxe: this may be done in a great round Cane of tinplate, having a bottome, and being ſomewhat deeper than the length of your candles: and as the waxe ſpendeth, you may ſtill ſupply it with more.

40. *How to hang your Candles in the ayre without candleſtickes.*

THis will make a ſtrange ſhew to the beholders that know not the conceit. It is done in this manner: Let a fine Virginall wyar be conveyed in the midſt of every week, and left of ſome length above the candle, to faſten the ſame to the poſts in the roof of your houſe: and if the room be any thing high roofed, it will be hardly diſcerned, and the flame, though it conſume the tallow, yet it will not melt the wyar.

41. *Roſe-*

41. *To make Roſe-vinegar.*

MAcerate or ſteep Roſe-leaves in faire water: let them lye therein till they wexe ſowre in ſmell, and then diſtill the water.

SWEET

SWEET POWDERS, OYNTMENTS, BEAUTIES, &c.

1. *An excellent Damask-powder.*

YOu may take of yreos half a pound, Roſe-leaves foure ounces, cloves one ounce, Lignum Rhodium two ounces, Storax one ounce and a half, Muske and Civet of each ten grains; beat and incorporate them well together.

2. *An excellent hand-water, or waſhing water, very cheap.*

TAke a gallon of faire water, one handfull of Lavender-flowers, a few Cloves, and ſome Orace-powder,

powder, and foure ounces of Benjamin: diſtill the water in an ordinary leaden Still. You may diſtill a ſecond water by a new infuſion of water upon the Lees: a little of this will ſweeten a baſon of faire water for your Table.

3. *A ball to take ſtaines from Linnen.*

TAke four ounces of white hard Soape: beat it in a mortar with two ſmall Lemmons ſliced, and as much roch Allome as an haſell Nut: roule it up in a ball: rub the ſtaine therewith; and after, fetch it out with warme water, if need be.

4. *A ſweet and delicate Pomander.*

TAke two ounces of Labdanum; of Benjamin and Storax, one ounce: Muske, ſix grains: Civet, ſix grains:

grains: Amber-greese, six grains: of Calamus Aromaticus and Lignum Aloes, of each the weight of a groat: beat all these in a hot mortar, and with an hot pestell, till they come to paste: then wet your hand with Rose-water, and roule up the paste suddenly.

6. To take staines out of ones hands presently.

YOu may do this with the juice of Sorrell, washing the stained place therein.

6. To take away spots and freckles from the face or hands.

THe sappe that issueth out of a Birch tree in great abundance, being opened in March or Aprill, with a receiver of glasse set under the boring thereof to receive the same, doth performe the same most excel-

excellently; and maketh the skinne very cleere. This ſap will diſſolve pearle, a ſecret not knowne unto many.

7. *A white fucus or beauty for the face.*

THe jaw bones of a Hog or Sow well burnt, beaten, and ſearced thorow a fine Searce, and after, ground upon a porphyrie or ſerpentine ſtone, is an excellent fucus, being laid on with the oyle of white Poppy.

8. *A delicate waſhing ball.*

TAke three ounces of Orace, halfe an ounce of Cypreſſe, two ounces of Calamus Aromaticus, one ounce of Roſe leaves, two ounces of Lavender-flowers: beat all theſe together in a mortar, ſearcing them thorow a fine Searce: then ſcrape ſome caſtill

caſtill ſoape, and diſſolve it with ſome Roſe-water; then incorporate all your powders therewith, by labouring of them well in a mortar.

9. *Damaske-powder.*

TAke five ounces of Orace, two ounces of Cypreſſe, two ounces of calamus, half an ounce of cloves, one ounce of Benjamin, one ounce of Roſe-leaves, one ounce of Storax calamitum, half an ounce of Spike-flowers: mix them well together.

10. *To keep the teeth both white and ſound.*

OF Honey take a quart, as much Vinegar, and half ſo much white wine: boile them together, and waſh your teeth therewith now and then.

11. *To*

11. To allay heat and cleere the face.

TAke three pints of conduit-water: boile therein two ounces of French Barley: change your water, and put in the Barley againe: repeat this so long, till your water purchase no colour from the Barley, but become very cleere: boile the last three pints to a quart: then mixe half a pint of white wine therein; and when it is cold, wring the juice of two or three good Lemmons therein; and use the same for the Morphew, heat of the face or hands, and to cleere the skin.

12. Skin kept white and cleere.

WAsh the face and body of a sucking childe with breast-milke, or Cow-milke, or mixed with water,

water, every night: and the child's skin will wexe faire and cleere, and reſiſt Sun-burning.

13. *An excellent Pomatum to cleere the ſkinne.*

WAſh Barrowes greaſe oftentimes in May-deaw that hath been clarified in the Sun, till it be exceeding white: then take Marſh-mallow roots, ſcraping off the ourſides: then make thinne ſlices of them, and mixe them: ſet them to macerate in a ſeething Balneo, and ſcum it well till it be thorowly clarified, and will come to rope: then ſtraine it, and put now and then a ſpoonfull of May-deaw therein, beating it till it be thorow cold in often change of May-deaw: then throw away that deaw, and put it in a glaſſe, covering it with May-deaw: and ſo reſerve it to your uſe. Let the Mallow roots be two or three daies dryed

dryed in the ſhade before you uſe them. This I had of a great profeſſor of Art, and for a rare and dainty Secret, as the beſt fucus this day in uſe.

14. *Another minerall fucus for the face.*

INcorporate with a wooden peſtle, and in a wooden mortar with great labour, foure ounces of ſublimate, and one ounce of crude Mercury, at the leaſt ſix or eight houres (you cannot beſtow too much labour herein:) then, with often change of cold water, by ablution in a glaſſe, take away the ſalts from the ſublimate: change your water twice every day at the leaſt; and in ſeven or eight dayes (the more the better) it will be dulcified; and then it is prepared. Lay it on with the oyle of white poppy.

15. *To take away Chilblaines out of the hands or feet.*

BOile half a pecke of Oates in a quart of water, till they wax dry; then having first anointed your hands with some good Pomatum, and well chafed them, hold them within the Oats as hot as you may well suffer them, covering the bowle wherein you put your hands, with a double cloth to keep in the steame of the Oats. Do this three or four times, and you shall find the effect. The same Oats will serve to be sodden with fresh water three or four times.

16. *To help a face that is red or pimpled.*

DIssolve common Salt in the juice of Lemmons, and with a linnen

linnen cloth pat the patients face that is full of heat or pimples. It cureth in a few dreſſings.

17. *Aliter.*

TAke of thoſe little whelkes or ſhels which ſome do call ginny money: waſh five or ſix of them, and beat them to fine powder, and infuſe the juice of Lemmons upon them, and it will preſently boile: but if it offer to boile out of your glaſſe, then ſtop the mouth thereof with your finger, or blow into it. This will in a ſhort time be like an ointment, with which you muſt annoint the heat or pimples of the face oftentimes in a day, till you finde help. As the ointment dryeth, put more juice of Lemmons to it. This of an outlandiſh Gentlewoman; and it is an aſſured remedy, if the heate be not very extreme. Some have found by experience, that bathing of

daies. Some do alſo commend the ſame for an approved remedy againſt the Morphew. The brimſtone ball muſt be kept in ſome cloſe thing from the aire.

20. *How to take away any pimple from the face.*

BRimſtone ground with the oyle of Turpentine, and applyed unto any pimple one houre, maketh the fleſh to riſe ſpongious: which being anointed with the thick oyle of Butter that ariſeth in the morning from new Milke ſodden a little over night, will heal and ſcale away in a few dayes, leaving a faire skinne behinde. This is a good skinning ſalve.

21. *To help any Morphew, Sun-burning, itch, or red face.*

STeep two ſliced Lemmons, being large and faire, in a pint of conduit water: leave them foure or five dayes in infuſion, covering the water; then ſtraine the water, and diſſolve therein the quantity of a haſell Nut of ſublimate (ſome hold a dram a good proportion to a pint of water) finely powdred: let the patient wet a cloth therein, and rubbe the place where the grief is, every morning and evening a little, till the hiew doth pleaſe her; you may make the ſame ſtronger or weaker, according to good diſcretion.

22. *For the Morphew.*

TAke a pint of diſtilled Vinegar; lay therein two new-laid egges whole

whole with their ſhels, three yellow Dock-roots, picked and ſliced, two ſpoonfuls of the flowers of Brimſtone: and ſo let all reſt three daies, and then uſe this liquor, with a cloth rubbing the place three or foure times every day; and in three or four daies it commonly helpeth: put ſome bran in your cloth before you moiſten your cloth therein, binding it up in forme of a little ball.

This of Maſter *Rich* of *Lee*, who helped himſelf and a gallant Lady therewith in a few daies.

23. *To take away the freckles in the face.*

WAſh your face in the wane of the Moone with a ſponge, morning & evening, with the diſtilled water of Elder-leaves, letting the ſame dry into the skinne. Your water muſt be diſtilled in May. This

from a Traveller, who hath cured himſelf thereby.

24. *To cure any extreme bruiſe upon a ſore fall on the face, or any other member of the body.*

PResently after the fall, make a great fire, and apply hot clothes one after another, without intermiſſion, the Patient ſtanding neere the fire for one houre and a half, or till the ſwelling be cleane abated. This I knew proved with good ſucceſſe, in a maide that fell down a paire of ſtaires, whereby all her face was extremely disfigured. Some hold opinion, that the ſame may be performed with clothes wet in hot water, and then wrung out againe before application. Then, to take away the changeable colours which do accuſtomably follow all bruiſes, ſhred the root of a green or growing flower-

flower-deluce: beat it with red Roſe-water, and grind it till it come to a ſalve: apply the ſame, and in few hours it takes away all the colours; but if it lye too long, it will raiſe pimples: and therefore ſo ſoone as the colours be vaniſhed, immediately remove the ſalve.

25. *How to keep the teeth cleane.*

CAlcine the tops and branches of Roſemary into aſhes, and to one part thereof put one part of burnt Allome: mix them well together, and with thy finger, firſt moiſtened a little with thy ſpittle, rubbe all thy teeth over a pretty while every morning till they be cleane, but not to galling of thy gummes: then ſup up ſome faire water or white wine, gargling the ſame up and downe thy mouth a

while, and then dry thy mouth with a towell. This of an honeſt Gentleman, and a painfull gatherer of phyſicall receits.

26. *Sweet and delicate demifrices or rubbers for the teeth.*

DIſſolve in four ounces of warm water, three or foure drammes of Gumme Dragagant, and in one night this will become a thick ſubſtance like gelly; mingle the ſame with the powder of Alabaſter finely ground and ſearced: then make up this ſubſtance into little round rolls, of the bigneſſe of a childes arrow, and foure or five inches in length. Alſo if you temper Roſet, or ſome other colour (that is not hurtfull) with them, they will ſhew full of pleaſing veines. Theſe you may ſweeten either with Roſe-water, Civet, or Muske. But if your teeth be

be very ſcaly, let ſome expert Barber firſt take off the ſcales with his inſtrument, and then you may keep them cleane by rubbing them with the aforeſaid roules.

And here, by thoſe miſerable experiences that I have ſeen in ſome of my neereſt friends, I am enforced to admoniſh all Gentlewomen to be carefull how they ſuffer their teeth to be cleanſed and made white with any *Aqua fortis*, which is the Barbers uſuall water: for unleſſe the ſame be both well allayed, and carefully applyed, ſhe may happen within a few dreſſings to be forced to borrow a rank of teeth to eat her dinner, unleſſe her gummes do help her the better.

27. *A delicate Stove to ſweat in.*

I Know that many Gentlewomen, as well for the clearing of their

skins, as cleanſing of their bodies, do now and then delight to ſweat. For the which purpoſe, I have ſet down this manner following, as the beſt that ever I obſerved: Put into a braſſe pot of ſome good content, ſuch proportion of ſweet herbs, and of ſuch kind as ſhall be moſt appropriate for your infirmity, with ſome reaſonable quantity of water, cloſe the ſame with an apt cover, and well luted with ſome paſte made of flower and whites of Egges: at ſome part of the cover you muſt let in a leaden pipe (the entrance whereof muſt alſo be well luted:) this pipe muſt be conveyed thorow the ſide of the chimney, where the pot ſtandeth in a thick hollow ſtake of a bathing tub croſſed with hoopes, according to the uſuall manner, in the top, which you may cover with a ſheet at your pleaſure. Now, the ſteame of the pot paſſing thorow the pipe under the half bottome of the bathing tub, which muſt be bored full

full of bigge holes, will breathe ſo ſweet and warm a vapour upon your body, as that (receiving aire, by holding your head without the tub as you ſit therein) you ſhall ſweat moſt temperately, and continue the ſame a long time without fainting: And this is performed with a ſmall charcole fire maintained under the pot for this porpoſe. Note, that the roome would be cloſe wherein you place your bathing tub, leſt any ſudden cold ſhould happen to offend you whilſt your body is made open and porous to the ayre.

28. *Divers ſorts of ſweet hand-waters made ſuddenly or ex tempore, with extracted oyles of ſpices.*

FIrſt, you ſhall underſtand, that whereſoever you ſhall draw any of

of the aforesaid Oyles of Cinamon, Cloves, Mace, Nutmegs, or such like, that you shall have also a pottle or gallon, more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table: yea, some do keep the same for their broths, wherein otherwise they should use some of the same kinde of spice.

But if you take three or foure drops only of the oyle of Cloves, Mace, or Nutmegs; (for Cinamon oyle is too costly to spend this way) and mingle the same with a pint of faire water, making agitation of them a pretty while together in a glasse, having a narrow mouth, till they have in some measure incorporated themselves together, you shall find a very pleasing and delightfull water to wash with, and so you may alwayes furnish your self of sweet water of severall kinds, before such time as your guests shall be

be ready to ſit down. I ſpeak not here of the oyle of Spike (which will extend very far this way) both becauſe every Gentlewoman doth not like ſo ſtrong a ſent and for that the ſame is elſewhere already commended by another Author. Yet I muſt needs acknowledge it to be the cheaper way, for that I aſſure my ſelf there may be five or ſix gallons of ſweet water made with one ounce of the oyle, which you may buy ordinarily for a groat at the moſt.

29. *An excellent ſweet water for a caſting bottle.*

TAke three drammes of oyle of Spike, one dramme of oyle of Thyme, one dram of oyle of Lemmons, one dram of oyle of Cloves, then take one graine of Civet, and three grains of the aforeſaid compoſition well wrought together: temper them well in a ſilver ſpoone with your finger; then put the ſame into a ſilver

ſilver bowle, waſhing it out by little and little into the bowle with a little Roſe-water at once, till all the oyle be waſhed out of the ſpoone into the bowle: and then do the like by waſhing the ſame out of the bowle with a little Roſe-water at once, till all the ſent be gotten out, putting the Roſe-water ſtill in a glaſſe, when you have tempered the ſame in a bowle ſufficiently. A pint of Roſe-water will be ſufficient to mingle with the ſaid proportion: and if you finde the ſame not ſtrong enough of the Civet, then you may to every pint put one graine and a half, or two graines of Civet to the weight of three graines of the aforeſaid compoſition of oyles.

30. *To colour a black haire preſently into Cheſnut colour.*

THis is done with oyle of Vitriol; but you muſt do it very carefully, not touching the skin.

31. *A preſent and delicate perfume.*

LAy two or three drops of liquid Amber upon a glowing coale, or a peece of Lignum Aloes, Lignum Rhodium, or Storax.

32. *To renew the ſent of a Pomander.*

TAke one graine of Civet, and two of Muske, or if you double the proportion, it will be ſo much the ſweeter: grinde them upon a ſtone with a little Roſe-water; and after, wetting your hands with Roſe-water, you may work the ſame in your Pomander. This is a ſleight to paſſe away an old Pomander: but my intention is honeſt.

33. *How to gather and clarifie May-dew.*

WHen there hath fallen no rain the night before, then with a cleane and large ſponge, the next morning you may gather the ſame from ſweet herbs, graſſe, or corne: ſtraine your dew, and expoſe it to the Sun in glaſſes covered with papers or parchment prickt full of holes; ſtraine it often, continuing it in the Sun, and in an hot place till the ſame grow white and cleare, which will require the beſt part of the Summer.

Some commend May-dew gathered from Fennell and Celandine, to be moſt excellent for ſore eyes: and ſome commend the ſame (prepared as before) above Roſe-water for preſerving of fruits, flowers, &c.

34. *Divers*

34. *Divers excellent ſents for Gloves, with their proportions and other circumſtances, with the manner of perfuming.*

THe Violet, the Orenge, the Lemmon, duely proportioned with other ſents, performe this well; ſo likewiſe of Labdanum, Storax, Benjamin.

The manner is this: Firſt, lay your Amber upon a few coales, till it begin to crack like lime: then let it coole of it ſelf, taking away the coals: then grind the ſame with ſome yellow Ocre, till you perceive a right colour for a glove: with this mixture waſh over your glove with a little haire bruſh upon a ſmooth ſtone in every ſeame, and all over: then hang your gloves to dry upon a line: then with Gumme Dragagant diſſolved in ſome Roſe-water, and ground with a little oile de Ben, or of ſweet

ſweet Almonds upon a ſtone: ſtrike over your Gloves in every place with the gumme and oyle ſo ground together: doe this with a little ſponge, but bee ſure the Gloves bee firſt thorowly dry, and the colour well rubbed and beaten out of the Glove: then let them hang again till they bee dry, which will bee in ſhort time. Then if you will have your Glove to lie ſmooth & faire in ſhew, goe over it againe with your ſponge, and the mixture of gumme and oyle, and dry the Glove yet once againe. Then grinde upon your ſtone two or three graines of good Muske, with halfe a ſpoonfull of Roſe-water, and with a very little peece of a ſponge take up the compoſition by a little and a little; and ſo lay it upon your Glove, lying upon the ſtone. Picke and ſtrain your Gum Dragagant before you uſe it. Perfume but the one ſide of your Glove at once, and then hang it up to dry, and then finiſh the other ſide. Ten grains of Musk will give

give a ſufficient perfume to eight paire of Gloves. Note alſo, that this perfume is done upon a thin Lambs leather Glove; and if you work upon a Kids skin or Goats skin, which is uſuall leather for rich perfumes, then you muſt adde more quantity of the oyle of Ben to your Gumme, and go over the Glove twice therewith.

35. *Sweet bags to lye among Linnen.*

FIll your bags only with Lignum Rhodium, finely beaten, and it will give an excellent ſent to your linnen.

36. *To make haire of a faire yellow or golden colour.*

THe laſt water that is drawne from Honey, being of a deep red colour, performeth the ſame excel-

excellently: but the ſame hath a ſtrong ſmell, and therefore muſt be ſweetned with ſome aromaticall body.

Or elſe the haire being firſt cleane waſhed, and then moiſtened a pretty while by a good fire in warme Allome water with a ſponge, you may moiſten the ſame in a decoction of Turmerick, Rubarb, or the Barke of the Barberry tree; and ſo it will receive a moſt faire and beautifull colour.

The Dogberry is alſo an excellent berry to make a golden liquor withall for this purpoſe: beat your Allom to powder; and when the water is ready to ſeethe, diſſolve it therein: foure ounces to a pottle of water, will be ſufficient: let it boile a while, ſtraine it, and this is your Allome-liquor wherewith you muſt firſt prepare the haire.

37. *How to colour the head or beard into a Chesnut colour in half an houre.*

TAke one part of Lead calcined with Sulpher, and one part of quick Lime; temper them somewhat thin with water: lay it upon the haire, chafing it well in, and let it dry one quarter of an hour, or thereabout; then wash the same off with faire water divers times: and lastly, with soape and water, and it will bee a very naturall haire-colour. The longer it lyeth upon the haire, the browner it groweth. This coloureth not the flesh at all, and yet it lasteth very long in the hair.

Sæpius expertum.

FINIS.